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The Ukiah

Mendocino County's
local newspaper



Tomorrow: Mostly
sunny, cool

TUESDAY
Oct. 9, 2007

DAILY JOURNAL

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Local cancer survivor honored with \$125,000 leadership award

The Daily Journal

Sara O'Donnell grew up in California's central valley, working in the fields and exposed to crop dusters and pesticides. One by one, she watched her mother and father, a brother and two aunts, die of cancer before she was diagnosed with cancer herself. Living on a shoe-string with three children and no insurance, she was determined that if she survived she would devote her life to helping others in the same situation. In 1995, she founded Cancer Resource Center of

Mendocino County to provide a support network for cancer patients living in the rural county and to help them navigate the daunting maze of cancer care.

The Robert Wood Johnson Foundation on Oct. 3 honored O'Donnell - a Mendocino coast resident - for her leadership in providing accessible support services for cancer patients, their families and caregivers and for her environmental health advocacy. She is one of 10 outstanding individuals from across America and Puerto Rico to

receive the Foundation's 2007 Community Health Leaders award. Each Community Health Leader receives \$105,000 to further the work of their program and a \$20,000 personal award.

CRCMC helps cancer patients, their families and caregivers with a full range of support services, including assistance with formulating care plans, advocacy for benefits, support groups, counseling, and transportation. CRCMC provides medical consultation support, helps

patients prepare for and participate in medical appointments as informed medical decision makers, accompanies patients to their appointments, arranges for an interpreter when needed, and records information discussed during a consultation. This process is critically important so the time patients spend with their doctors can be focused on their treatment decisions. It is equally important because of the small number of specialists practicing in the rural area CRCMC serves.

Because of her own experience, O'Donnell is driven to address the environmental links to cancer, not just the treatment. She has organized workshops on pesticides and their consequences for the health of school children, the environment, and farm workers. She has coordinated trainings for school maintenance workers on non-toxic pest control methods and has demonstrated the effectiveness of owl boxes in reducing insects and rodents. A long



O'Donnell

See HONOR, Page 16

The sound of ^ music
free!

By ZACK SAMPSEL
The Daily Journal

With a little help from Spencer Brewer, owner of the Ukiah Music Center, seven old spinet and console pianos have found homes at five different Ukiah area schools, and now the halls are alive with the sound of music.

Brewer explained Monday that with help from donations and trade-ins he often finds himself in possession of older pianos that can't be refurbished to sell, but still work properly. And with a stockpile of extra pianos, Brewer's community-first attitude took over.

"These are pianos we'd either sell used or rent," Brewer explained. "Then I decided why don't we just donate them. In large part, the idea came about because the schools have had so many budget and funding cuts in the music programs, and since I tune many of the UUSD pianos, I figured it's just a better service to put pianos back into the schools that didn't have one, or at least the one they had needed so much work they couldn't afford to fix it. By in large, the state isn't going to fund it, and if they do it's rare."

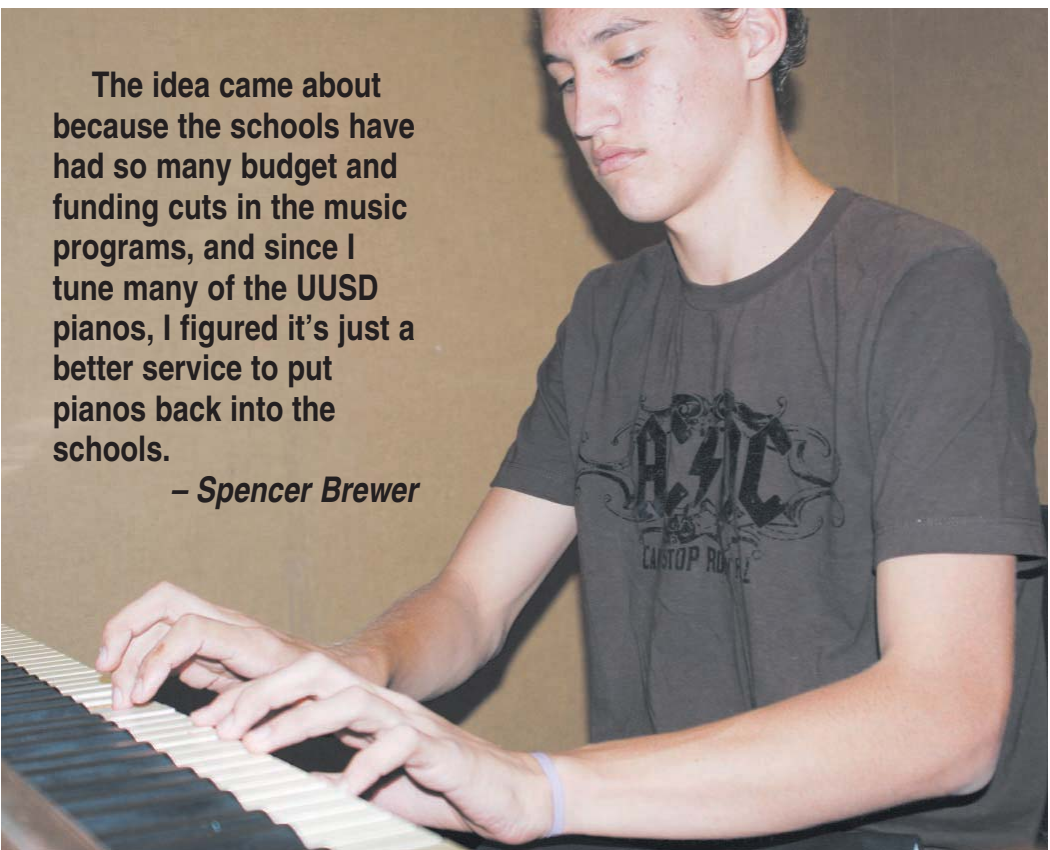
The initial fleet of pianos, seven to be exact, were prepared by Brewer, an expert in all things piano-related. He said that many of the pianos were already in working condition, but some needed to be cleaned, tuned or slightly repaired.

Brewer said that the process began during the summer after he issued a letter in August to the principals of every school in the area. He said that it was a first-come, first-served program and Ukiah High School was one of the first to put in an order coming away with three of the pianos.

"UHS jumped on it immediately and asked for three pianos, then the other schools came at us one at a time," Brewer said. "From there we started delivering them."

The idea came about because the schools have had so many budget and funding cuts in the music programs, and since I tune many of the UUSD pianos, I figured it's just a better service to put pianos back into the schools.

— Spencer Brewer



Zack Sampsel/The Daily Journal

UHS Junior Tim Heuser, 17, takes a few minutes to tickle the ivories with an improvised melody during his fifth period beginning guitar class in one of the school's practice rooms Monday. The piano Heuser is playing is one of the three pianos UHS received from Spencer Brewer.

With three of the pianos going to UHS, the other four managed to stay within Ukiah with one going to Pomolita School, another to Grace Hudson, another to Waldorf and the final piano going to the River Oak Charter School.

Now that the pianos have been delivered, they are already getting use. Inside the UHS performing arts area, the upbeat rhythms of the piano can be heard spilling in to the hallways as choir and band students have been putting the pianos to work, and Brewer couldn't be happier.

"It's good just seeing the process work and to know that somewhere down the road some student who would not have had a piano in their classroom

might have been inspired by this and found music in their life," he said.

Brewer's piano deals aren't exclusive to local schools either. He said that sometimes you can find pianos in front of the Ukiah Music Center for free or just \$100.

"We just had two pianos out front of the store last week and we'll be putting another one out in front later this week," Brewer explained. "It's better for people to get functional pianos we can't sell. It's better to not have to throw it away. If it's playable, I'd rather pass it on than to euthanise it."

Zack Sampsel can be reached at udjzs@pacific.net.

Rain coming

The Daily Journal

Rain is expected in Ukiah starting today, according to the National Weather Service.



A powerful Pacific storm is expected to blow into the county overnight and has a high probability of bringing rain by 11 a.m. today, according to NWS reports.

Winds, gusting up to 50 mph, are expected on the coast. In the valley, gusts are expected to be to the south, gusting as high as 23 mph.

The storm is expected to drop between one inch and two inches of rain on Mendocino County Tuesday and perhaps into Wednesday. Wednesday night will see patchy fog and Thursday will bring an additional chance of rain, according to NWS reports.

The storm is expected to blow over by Friday night and the weekend is expected to be mostly sunny with highs in the mid 70s.

Editor's note: The Accuweather map sent to the Daily Journal Monday afternoon predicts some sunshine again Wednesday and Thursday and the Accuweather web site predicts more rain Thursday night.

ACCIDENT UPDATE

Victims ID'd

By BEN BROWN

The Daily Journal

The California Highway Patrol has identified the six people involved in a three-vehicle collision on Highway 20 Saturday night.

The collision occurred at the intersection of Highway 20 and the Eastside Potter Valley Road at around 4:40 p.m. Saturday, with injuries ranging in severity from minor to moderate.

According to CHP reports, Maria Macias, 60, of Kelseyville was southbound on Eastside Potter Valley Road making the turn onto Highway 20 in a 1993 Toyota van. Also in the van was 3-year-old Michael Graham of Kelseyville.

For unknown reasons, Macias did not stop at the stop sign and instead pulled out onto the highway and was hit broadside by a 1987 BMW driven westbound on Highway 20 by Kathrine Babcock, 21, of Ukiah, according to CHP reports.

Also in the BMW were passengers Darren Linnett, 50, and James Jones, 34, both of Ukiah.

The BMW slid into the eastbound lane on Highway 20 where it collided with a 1999 Acura Infinity which drove off the south edge of the roadway, knocked over mailbox and collided with a tree.

Macias suffered moderate injuries and was transported by air ambulance to the Santa Rosa Memorial Hospital for treatment. Graham was not injured but transported to the Ukiah Valley Medical Center.

Babcock also suffered moderate injuries and was transported UVMC. Linnett suffered moderate injuries and was transported by air ambulance to SRMH for treatment. Jones was transported to UVMC for treatment for minor injuries.

The driver of the Infinity, Andrea Barcello, 41, of Ukiah, also suffered minor injuries and was taken to UVMC.

Traffic on Highway 20 and Eastside Potter Valley Road was stopped for 30 minutes while police and firefighters investigated the accident, tended to the injured and cleaned shattered glass from the roadway.

Ray Inman, who has lived near the intersection where the accident occurred for 32 years said the area needs a traffic light or some other form of traffic control because motorists on Highway 20 drive too fast. "They've got to slow the traffic down," he said Saturday.

Many ecobills still await Arnold's signature

By PAUL ROGERS

San Jose Mercury News

Environmentalists and industry officials alike are holding their breath, waiting for Gov. Arnold Schwarzenegger to act on a stack of environmental bills in the next few days that would do everything from require green building standards on new homes and commercial buildings to banning a controversial type of chemicals in children's toys.

Schwarzenegger has until this Sunday to



Capitol report
from the
San Jose Mercury News

sign or veto all the bills that the state Legislature sent him this year.

And as in years past, Schwarzenegger is keeping both supporters and opponents of

many of the top environmental issues guessing right until the end. His actions are harder to predict than previous governors, they say.

"Arnold is a celebrity. He loves some of these environmental issues," said John White, executive director of the Center for Energy Efficiency and Renewable Technologies, an environmental group in Sacramento.

"He has great command of the subjects in a

See BILLS, Page 16

The world briefly

AP Exclusive: Iraqis want U.S. to sever all contracts in Iraq with Blackwater

BAGHDAD (AP) — Iraqi authorities want the U.S. government to sever all contracts in Iraq with Blackwater USA within six months and pay \$8 million in compensation to each of the families of 17 people killed when the firm’s guards sprayed a traffic circle with heavy machine gun fire last month.

The demands — part of an Iraqi government report examined by The Associated Press — also called on U.S. authorities to hand over the Blackwater security agents involved in the Sept. 16 shootings to face possible trial in Iraqi courts.

The tone of the Iraqi report appears to signal further strains between the government of Prime Minister Nouri al-Maliki and the White House over the deaths in Nisoor Square — which have prompted a series of U.S. and Iraqi probes and raised questions over the use of private security contractors to guard U.S. diplomats and other officials.

Al-Maliki ordered the investigation by his defense minister and other top security and police officials on Sept. 22. The findings — which were translated from Arabic by AP — mark the most definitive Iraqi positions and contentions about the shootings last month.

The report also highlights the differences in death tolls and accounts that have complicated efforts to piece together the chain of events as one Blackwater-protected convoy raced back toward Baghdad’s Green Zone after a nearby bombing, while a second back-up team in four gun trucks sped into the square as a back-up team.

Britain announces troops will be cut to 2,500 in Iraq next spring

LONDON (AP) — Britain will halve its remaining troop contingent in Iraq next spring, Prime Minister Gordon Brown announced Monday. A British official later said they could not guarantee that any troops would remain in Iraq by the end of 2008.

Brown, under fire over his decision not to call an election for this year, said Britain would lower troop levels to 2,500 by mid-2008 and redeploy logistics staff to neighboring states. The British leader was clearly hoping the announcement would help boost his popularity among a public weary of the war.

Aides had stoked election rumors for weeks, particularly as lawmakers and activists gathered for a series of political party conferences. But Brown scrapped the plans Saturday as opinion polls suggested his early wave of public support had waned.

Brown told lawmakers Monday his Iraq plan follows the success of the U.S. troop increase this summer and efforts by Iraqis to drive suspected al-Qaida militants from havens in Anbar province, west of Baghdad.

He said decisions on further cuts would be made once the reduction to 2,500 was complete, rejecting a call from opposition lawmakers to set a timetable to withdraw all British forces.

History: US explored using radioactive poisons to kill ‘important individuals’

WASHINGTON (AP) — In one of the longest-held secrets of the Cold War, the U.S. Army explored the potential for using radioactive poisons to assassinate “important individuals” such as military or civilian leaders, according to newly declassified documents obtained by The Associated Press.

Approved at the highest levels of the Army in 1948, the effort was a well-hidden part of the military’s pursuit of a “new concept of warfare” using radioactive materials from atomic bomb-making to contaminate swaths of enemy land or to target military bases, factories or troop formations.

Military historians who have researched the broader radio-

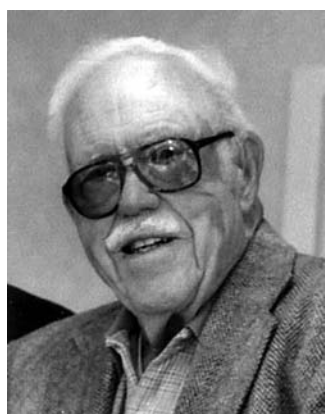
cer, resisting a peace officer and vandalism in the 900 block of South State Street at 5:39 p.m. Sunday.

ARREST -- Ryan Johnson, 23, of Ukiah, was arrested on suspicion of driving under the influence and a parole violation in the 200 block of North Dora Street at 1:53 a.m. Monday.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

FIRE AND RESCUE

VEGETATION FIRE -- A grass fire on Redemeyer Road



GLENN A. VAUGHAN

Glenn A. Vaughan, 90, passed away of natural causes on Friday, the 5th of October, 2007. He was born in Fullerton, Ca. on September 24, 1917 to parents Robert M. Vaughan and Laura Denny Vaughan. He was a resident of Mendocino County for 72 years. Most of those years he resided in Potter Valley where he worked in ranching. In February 1941 he married Zita J. Venturi of Redwood Valley. He served in the Army Air Corp. from 1942 to 1946. He was a member of the Potter Valley Volunteer Fire Dept. for 31 years. He was elected Fire Chief in 1952 and retired as Fire Chief in 1977. Glenn started working for the Ukiah Unified School District in 1957 as a custodian/bus driver. He retired in 1987, having worked for USD for 30 years. In 1988 he began volunteering for the Meals on Wheels program for the Ukiah Senior Center and Plowshares. He was a Meals on Wheels volunteer for 17 years. In 2003 he was voted Mendocino County Volunteer of the year for Adult Services.

FUNERAL NOTICES

Glenn enjoyed being with people, whether it was driving kids to school, delivering lunches to the homebound, family gatherings or sharing a joke or humorous story. He loved the outdoors and being active - hunting, fishing or working in his garden.

He is survived by his family, son Dan Vaughan of Ukiah, daughter Cathy Vaughan of Redwood Valley, grandsons Jason Vaughan and his wife Diane of Ukiah, Clinton Vaughan of Carmel, great grandchildren Christopher and Bailey of Ukiah.

He was preceded in death by his wife of 38 years Zita, his sisters Blythe and Zella, and his brothers Bob, Kenneth and Baseball Hall of Famer "Arky" Vaughan.

A funeral service will be held Saturday, October 13, 2007 at the Eversole Mortuary at 10:00 AM; a graveside service will follow at the Potter Valley Cemetery. A reception will follow at his home at 1140 Skyloah Way, Redwood Valley. In lieu of flowers donations can be made to Plowshares Meals on Wheels program or a charity of your choice.

Arrangements are under the direction of the Eversole Mortuary.



HOWARD PAUL RHODES

Howard Paul Rhodes was born on January 16, 1923 to John and Elizabeth Rhodes in Pittsburg, Pennsylvania

and passed away on October 4, 2007 at the age of 84, leaving behind his wife Lucille Rhodes. He was predeceased by his parents, his brother Jack, his sister Alma and his daughter Cynthia. He leaves behind his two daughters Melodee Foster of Elk Grove, Betty Morello of Ukiah, his son Frank Morello of Oregon, eight grandchildren, fifteen great grandchildren, his brother Mark of Napa and numerous foster children.

Howard was a veteran of the United States Air Force and past president of the Northern California Firefighters Association where he served as a volunteer firefighter for over twenty years. Howard retired from the Operating Engineers Local #3 as a heavy equipment mechanic and welder.

Howard loved being with family and friends. He loved camping and fishing at Howard's Creek on the coast, playing music on his harmonica and organ. He enjoyed chasing thunderstorms and panning for gold in the Sierras. His favorite past time was every winter when he was laid off was getting his train sets out, building cities and teaching the children and grandchildren what a train engine and car could do. He enjoyed being a foster parent and raised 22 foster children.

Graveside services will be held on Friday, October 12, 2007 at 2 pm at Ukiah Cemetery. Visitation will be at the Eversole Mortuary on Thursday, October 11, 2007 from 12 noon to

5pm and 6pm to 8pm.

In lieu of flowers memorial contributions to Phoenix Hospice 1 Madrone Willits, CA 95490 are preferred.

The Eversole Mortuary is in charge of arrangements.

WINFRED "ELMIRA" WHITE

Born on February 23, 1955 in Lakeport, CA passed away on October 3, 2007. Survived by her mother Barbara White, siblings Dave, Buffy many cousins, nephews, nieces, uncles, aunts, and friends. Preceded in death by brothers Jerome Knight, Merlin Snyder, Bruce V. White, and life partner Daniel Litzen. She loved to smile, laugh and eat with friends and family.

She attended and graduated from Woodland High School, D.A. University, U.C. Davis, and Yuba Community College. She made many friends and colleagues from all walks of life. She loved to get involved in political and community events that affected the Native American community both locally and globally.

Friends are invited to a wake 10am Tuesday October 9, at The Tribal Building, Robinson Rancheria until the funeral services 11:00am Wednesday and Interment services to follow at Hartley Cemetery at 1:00pm. Friends are also invited to attend a Good Luck dinner Sunday October 14, 2007 at 1:00pm at Robinson Tribal Building.

Call Chapel of the Lakes Mortuary 263-0357 or 994-5611 or visit us at www.chapelofthelakes.com for directions.

logical warfare program said in interviews that they had never before seen evidence that it included pursuit of an assassination weapon. Targeting public figures in such attacks is not unheard of; just last year an unknown assailant used a tiny amount of radioactive polonium-210 to kill Kremlin critic Alexander Litvinenko in London.

No targeted individuals are mentioned in references to the assassination weapon in the government documents declassi-

fied in response to a Freedom of Information Act request filed by the AP in 1995.

The decades-old records were released recently to the AP, heavily censored by the government to remove specifics about radiological warfare agents and other details. The censorship reflects concern that the potential for using radioactive poisons as a weapon is more than a historic footnote; it is believed to be sought by present-day terrorists bent on attacking U.S. targets.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Eberardo Santoyo, 25, of Ukiah, was arrested on suspicion of driving under the influence in the 300 block of East Gobbi Street at 9:20 p.m. Saturday.

ARREST -- Clayton Ridley, 22, of Ukiah, was arrested on suspicion of driving under the influence and a probation violation in the 500 block of South State Street at 2:08 a.m. Sunday.

ARREST -- Eric Lee Spring, 40, of Redwood Valley, was arrested on suspicion of tampering with or destroying vehicle parts, threatening an executive offi-

cer, resisting a peace officer and vandalism in the 900 block of South State Street at 5:39 p.m. Sunday.

ARREST -- Ryan Johnson, 23, of Ukiah, was arrested on suspicion of driving under the influence and a parole violation in the 200 block of North Dora Street at 1:53 a.m. Monday.

CalFire also responded to this incident.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

- In Friday's article,

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“Willits woman hurt in head-on” should have identified Annchi Chung, 59, of Willits as the eastbound party that crossed into the opposite lane and collided with Mary Renee Epperson, 50, of Willits.

The Blue Goose
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Italian Candy
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Behind Lee Schwab Tire

LOTTERY NUMBERS
DAILY 3: Afternoon: 8, 8, 9.
Evening: 0, 3, 1.
FANTASY 5: 3, 19, 24, 29,

BIKRAM YOGA UKIAH
Winter is Coming Warm up with Yoga
115 W. Church St • Ukiah • 468-YOGA

32. **DAILY DERBY:** 1st: 08 Gorgeous George; 2nd: 10 Solid Gold; 3rd: 02 Lucky Star.
race time: 1:48.25

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TIRES

Fantasy Stills Photography
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The Holidays are just around the corner ... time to get those family portraits while the sun still shines!!!
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Publication # (USPS-646-920).



Striving for Imperfection

By Scott Marcus

Lucky number 13

As a 17-year-old, I dropped almost 100 pounds, becoming thin for the first time in my life. By 22, I regained most of it.

During that period, I avoided attending meetings, which had worked so well, and therefore suffered the consequences. Funny, isn't it?

You'll do everything you can -- except the one thing that gets you the results you want. Contrary creatures, we humans can be.

Finally returning, I sat in a meeting, embarrassed, ashamed, and sad; a thin, middle age woman addressed the assemblage. "My name's Betty," she said, holding up her "before photo," "I've maintained a 100 pound weight loss for ten years."

"One hundred pounds," I thought. "I couldn't even do that for half that time; no way I'll make it." It seemed the impossible dream.

This week, I am celebrating 13 years at my correct weight, after losing 70 pounds.

(I had not regained everything I lost in earlier years; some lessons do stick.)

In these 4,700 plus days since I achieved "goal weight," I've learned much. Space doesn't allow for everything, yet, there's room for a few observations; provided in the interest of helping others achieve the success I have been fortunate enough to experience.

1. Losing weight is not linear; it's four pounds down, two pounds up; losing five, gaining three; dropping one and flat lining for a month. It's up and down with (hopefully) more downs than ups.

2. The internal "battle" about food choices does not cease. Speaking for myself, I merely have become more accustomed to the ongoing drone of the voices jostling for position in my head; now choosing to listen to the positive, healthful ones more often than the others. As for attitude: I've learned to quiet the inner jerk that wants to berate me for my slip-ups, of which there are still plenty. After all, if shame was motivational, I would never gain a pound.

3. Getting to one's correct weight is not a panacea for all life's ills. My kids still do things I dislike. My wife and I still sometimes are at loggerheads. And yes, I continue to be frustrated with the world. But since I'm happier, I handle these issues better.

4. Dieting "success" makes one no better a person. Weight does not determine moral value, and I am therefore not superior because of what my scale reflects. I am happier -- because I beat back a demon that ran my life for too many years, not because of what I weigh.

Lastly and strangely, having a weight problem has emerged as my greatest blessing. I used to curse my life, but if not for the work I had to do to change, I might never have developed my love for life, the great relationships I now share, nor would I have had the honor of writing this column. Sure, these might have developed from a different path. But I didn't take -- or wasn't given -- that option. It doesn't matter; I cannot change what was not.

The fact is I am where I am, and more importantly, pleased to be here. That's worth waking up for.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. Other writings can be found at www.WeightLossColumn.com, www.ForeverFightingFat.com, or you can contact him at scottq@scottqmarcus.com

Learn how to quit smoking

UVMC to offer six-week smoking cessation seminar

The Daily Journal

Ready to quit smoking? Ukiah Valley Medical Center can help. Recently, public funding for smoking cessation education evaporated for public health and other local smoking cessation providers, so Ukiah Valley Medical Center, with the support of its medical staff, decided to provide community education and support for smokers who want to quit.

UVMC will host classes that are six weeks in length, and involve a small-group format. The class will utilize the American Lung Association's Freedom of Smoking program, and be taught by certified smoking cessation instructor, Susan Boling. "This class empowers smokers to break free of nicotine addiction and take control of their lives. It is a really powerful process," according to Boling.

The American Lung Association's Freedom of Smoking program uses proven behavioral change techniques, class discussion, workbook exercises and homework assignments to teach smokers how to quit, before they attempt to quit. In the fourth week participants will pick a quit day and receive support in coping with both the physical and psychological symptoms of withdrawal and recovery. Both can be challenging.

The program covers all aspects of smoking cessation including: identifying smoking triggers, understanding tobacco addiction, developing healthy coping behaviors, making a personalized quit plan, recognizing symptoms of withdrawal and recovery, and how to support a lifestyle change and prevent relapse thinking patterns. Participants will also learn how to use nicotine replacement therapy and pharmaceutical aids if they desire.

Quitting tobacco is an ongoing process. Usually, smokers will need to make four to five serious quit attempts before being successful. You never fail unless your stop trying to quit.

Tobacco addiction is recognized as one of the hardest addictions to overcome. Participants are not required to quit during the class but



Shown from the left, Jerry Chaney, vice president for patient care at UVMC; Jendi Coursey, administrative director of marketing and communication at UVMC; Susan Boling, smoking cessation instructor; and Dr. Dale Morrison, chief of staff at UVMC.

are asked to attend all sessions to increase their knowledge of the quit process, learn from participants who choose to quit, and develop the confidence to quit again.

The class is supportive, non-judgmental and offers many alternative strategies to help smokers who have tried to quit without success.

The class is open to adults of all ages because it is never too late to quit smoking and experience the benefits of a smoke free life style. Within a week of quitting tobacco you will breathe easier, your blood pressure will drop, your sense of smell and taste will return, your chance of a heart attack decreases and your lung capacity increases.

Smokers often resist quitting because of barriers that are real or imagined. Getting prepared to quit is very important. Participants will

review why they have relapsed in the past.

Smokers often relapse within the first month of quitting tobacco because they have not learned how to deal with stressful situations, friends who still smoke or alternative methods of relaxation.

By addressing potential relapse challenges before quitting, thousands of smokers have succeeded in becoming smoke free. Creating an individualized smoking cessation plan to guide you through the challenges of breaking the cycle of tobacco addiction can help you remain smoke free for life.

"Helping people stop smoking is one of the best ways to improve the overall health of our community. We are pleased to help lead this important process," said Jendi Coursey, Administrative Director of Marketing and Communication.

The first six-week Smoking Cessation class will begin October 16. The class will meet on Tuesday evenings from 6:30 p.m. to 8:00 p.m. in the hospital's Main Conference Room (located at 275 Hospital Drive, Ukiah). Cost of the class is \$60 per person. Call 463-7524 to register for the class or for additional information.

Ukiah Valley Medical Center is part of Adventist Health, a not-for-profit, faith-based health system operating in California, Hawaii, Oregon and Washington. Founded on the Seventh-day Adventist heritage of Christian health care, Adventist Health is comprised of 19 hospitals with more than 2,800 beds, 18,000 employees, numerous clinics and outpatient facilities, 16 home care agencies and three joint-venture retirement centers. For more information, visit www.adventisthealth.org.

HEALTH NEWS IN BRIEF

Weight Loss Surgery and Information Group meeting first Friday every month

A Weight Loss Surgery Support and Information Group is meeting, free and open to the public. It is a support group for Gastric Reduction Duodenal Switch and other weight loss surgeries, sponsored by Central Valley Bariatrics. The group meets on the first Friday of the month, at 6 p.m., in Bartlett Hall, Ukiah Senior Center, 495 Leslie St., Ukiah. For more information, E-mail kathlyn@pacific.net.

Cancer Resource Centers offer free services

People living with cancer, their friends and their families are invited to call or visit the Mendocino office of the Cancer Resource Centers of Mendocino County for free supportive services including a library of cancer-related books, tapes and magazines available for check-out, a support group for peo-

ple diagnosed with cancer, cancer-care telephone workshops, accompaniment to medical appointments, and support from our patient navigators. They have offices located on the coast and in Ukiah.

The coast office is open Monday through Thursday 9 a.m. to 4 p.m. and Friday by appointment at 45040 Calpella St. in the village of Mendocino, or call 937-37833. The Ukiah office is open Monday through Friday 9 a.m. to 5 p.m. at 590 S. Dora St. in Ukiah, and can be reached by phone at 467-3828. CRCMC is a nonprofit organization funded through local donations, events and grants.

Better Breathers Club to meet in Ukiah on Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on Wednesdays, in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site <http://www.lungusa.org>.

Force-feeding is a form of child abuse

DEAR DR. GOTT: I have an 11-year-old granddaughter whose parents force her to eat everything on her plate, which on many occasions is the same amount that I could eat. Although she insists she is full and doesn't even want dessert, they make her eat everything on her plate. Also, there are some green vegetables that she does like. However, if they serve one that she doesn't like, they will not substitute but insist she eat the one being served. My question is, could there be any psychological damage as a result of this force-feeding?

DEAR READER: This pattern of force-feeding constitutes child abuse. The child should be served food in more appropriate amounts. No child should be forced to consume more food when she is satiated. Show my response to your granddaughter's parents, who need to modify their approach and expectations. If not, contact the child's pediatrician, who can recommend the next step.

DEAR DR. GOTT: I sure hope you can help me. Last week, I



ASK DR. GOTT

By Peter H. Gott, MD

ordered a Subway sandwich with the works. I opened my mouth real wide to bite into it, and my left jaw popped or clicked. There is no pain, but each time I open my mouth, I can hear the click. My dentist said to eat soft food, and my primary doctor said he doesn't know. It is very annoying. Please help me, Dr. Gott.

DEAR READER: From your description, I believe that you suffered from a dislocation of your temporomandibular joint. You're not in pain, so simply disregard the "click" and give your jaw a chance to heal. If you're still bothered after a couple of

months, see an oral surgeon. And, for heaven's sake, avoid fat sandwiches.

DEAR DR. GOTT: I am writing out of deep concern and am very mixed up. Can you put my mind at rest. It's all about the 16 medications I am on.

I know all pills have chemicals in them. I just wondered, if a body is on these medications for years to cover up pain (which I am still having in my leg and buttocks from my sciatic nerve) or other normal routines of the body, how is it supposed to get a message to the brain to take care of itself and function as a normal body without medications? Can a body become immune to these chemicals after years of absorbing them, and how long would it take? Can they cause dizziness and lightheadedness, or is it a reaction between the pills? I am very sleepy and am getting upset about it all.

DEAR READER: Your list of prescription drugs is awesome. You are a splendid example of overmedication -- yet another patient who

could probably do with fewer drugs. Doctors who overprescribe have no way of knowing how these compounds interact and what harm such interactions can produce. I urge you to meet with your physician for the purpose of reducing your meds. If he or she is not inclined to do so, request a referral to another internist. Aside from the striking cost of 16 drugs, you are at high risk for dangerous drug reactions.

To give you related information, I am sending you a copy of my Health Report "Consumer Tips on Medicine." Other readers who would like a copy should send a long, self-addressed, stamped envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Doctor Gott is a retired physician and the author of the new book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores. If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.

Letters from our readers

Thank you

To the Editor:
On a drizzly, gray Saturday, 25 adults and Boy Scouts scoured the banks and creek beds of Gibson and Doolin creeks for trash and garbage. On Sept. 22, these hardworking, community minded folks completely filled a large waste management trailer with household items like an overstuffed chair, fast food garbage, construction waste, plastics and clothing. Among the trash they found pornographic magazines, several syringes, illegal drugs, and animal and human excrement near the three settlements (one abandoned and two occupied). The volunteers traveled the Gibson from the Highway 101 pedestrian bridge behind Oak Manor School and followed the creek along the western portion of Oak Manor Park and headed south on Babcock Road to Talmage Street where the Doolin tributary and the Gibson Creek join the Russian River. Half of the garbage was found at the Talmage bridge site.

I would like to acknowledge the unsung heroes and stewards of our community who took time from their busy lives to cleanup the garbage and trash from these creeks in anticipation of the return of the steelhead. I would like to thank the excellent leadership from John Deibner-Hanson and Brock Nedland with AmeriCorps and their wonderful team from Watershed Stewards Project. Henney Fett of Department of Fish and Game. The highly motivated adult leaders and boys from Troop 77 who are: Steve Prochter, Bill and Trevor Oldham, Matthew and Quinton Monk, Justin Schuy, Dylan Kaderli, Mike McClure, you guys were all terrific. The visionary women of Friends of Gibson Creek who once again worked enthusiastically for the Gibson, thanks to Jan Moore, Bruni Kobbi, Pinkie Kushner and Susan Knopf.

Thanks also to City Council member John McCowen, Rebecca Kress and Sheriff Deputy Paoli. Special thanks to Ukiah Natural Foods, Sunny's Donuts and Friends of Gibson Creek for filling us up with liquids and yummy snacks. Finally, I wish to extend my appreciation for the support received from the property owners along Babcock Road, the City of Ukiah, Mendocino County Water Agency, and Solid Waste Division and to the event co-sponsor, Ukiah Rod and Gun Club, who got the word out.

Linda Sanders
Friends of Gibson Creek
Ukiah

Where are family movies?

To the Editor:
I eagerly awaited the arrival of the paper today so I could plan a movie date with my husband tonight.
Alas, this week, all three movies at the Noyo are R rated, and five out of six at the Ukiah theater are R rated. What are families with young children supposed to do if they want to take the kids to a movie this weekend?
There must be some new movies out there that are not R rated, aren't there?
Please, theater managers, support family entertainment. There are substantial numbers of community members who do not go to R rated movies.

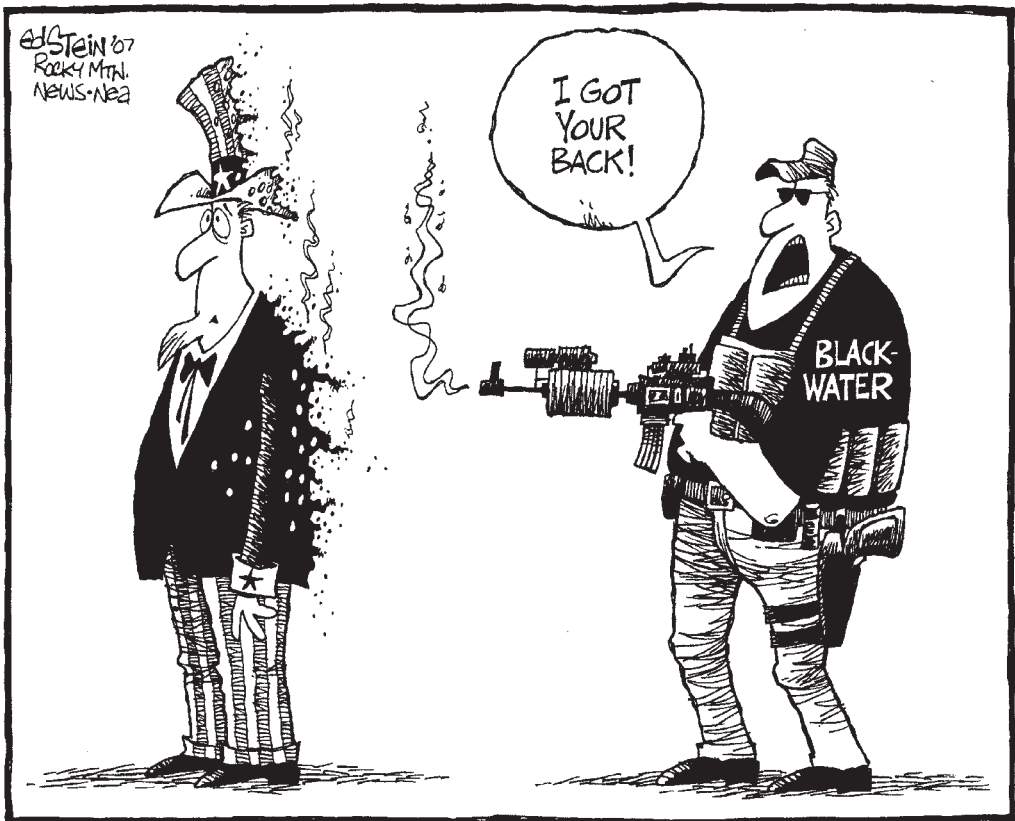
Roni McFadden
Willits

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter. All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to udj@pacific.net.

THANK YOU LETTER POLICY

Editor's note: The Daily Journal welcomes letters of thanks from organizations and individuals. We are glad that so many successful events are held here. However, thank you letters must be kept short. For that reason we have a 20-business name limit per letter. If your letter lists more than 20 businesses it will not be printed. Shorter thank you letters which do not contain lists of participants or donors will be printed more quickly. Those wishing to thank long lists of people and businesses are welcome to contact our advertising department for help with a thank you ad.



Politicking of the worst kind

Another voice BY REP. MIKE THOMPSON

Occasionally, an issue comes before Congress that is so clearly aligned with American values that Members across the political spectrum come together to support a solution. Giving uninsured children access to health care is one of those issues. And the strong bipartisan House and Senate votes for the reauthorization of the State Children's Health Insurance Program were examples of how Congress is trying to cut through politics to improve the lives of American families.

The State Children's Health Insurance Program (SCHIP, known in California as Healthy Families) has a history steeped in bipartisanship. A Democratic President and a Republican Congress created the program, which today covers about 6.6 million American children – 800,000 of whom live in California. They are members of families that make no more than 250 percent over the poverty line – too much to participate in Medicaid and too little to afford private insurance.

This reauthorization guarantees that all of the kids currently enrolled in SCHIP will continue to receive coverage – and gives states the tools and the resources they need to find and enroll almost four million additional eligible children. California alone has identified 200,000 kids that would be immediately eligible for enrollment, if only it had the adequate resources.

This bill provides those resources. It gives states incentives for ensuring that only the neediest children are enrolled. And it is completely paid for. It has the support of 43 Governors – including our own – in addition to the support of an unusual cadre of bedfellows: private insurance companies, organized labor, the pharma-

ceutical industry, and hundreds of leading health and children's advocacy organizations.

Unfortunately, there is one person in Washington who can turn even this issue into a political football. Last week, President Bush vetoed Congress' reauthorization of the State Children's Health Insurance Program. On the heels of his request for an additional \$190 billion for the war in Iraq, he has told Congress to spend no more than \$5 billion on children's health care. If the president gets his way, SCHIP won't be reauthorized – it will be downsized. This means 20 percent of the children currently enrolled – over 1.4 million kids – will be kicked out of the program.

These are real children who live in our communities. Today, in Mendocino County, more than 2,200 kids are enrolled in Healthy Families. They get primary and preventive care – which means that they are less likely to end up in the emergency room. And if they do end up in the ER – they have insurance. Our parents and grandparents used to tell us to be "penny wise rather than a pound foolish." Investing \$35 billion in the SCHIP program today is an infinitely less costly proposition than providing no health care to uninsured children – because, one way or the other, as a nation, we will pay for it later.

Naysayers, with the President as their loudest voice, have concocted a variety of myths about the SCHIP reauthorization. I have long preferred facts to myths, so let me set the record straight: This bill does not increase entitlement

spending, because SCHIP is not an entitlement program – it is a capped block grant. This bill doesn't allow states to cover the children of "rich" parents, nor does it allow them to cover illegal immigrants or parents or childless adults. This bill opens the door to quality health care for 10 million of America's children. And arguments to the contrary are dead wrong.

The President and his followers can say whatever they like about this reauthorization. But as Republican Senator Charles Grassley, a staunch supporter of this legislation, said on the Senate floor last week, "you can't call a cow a chicken and have it be true."
The truth is, the President's veto of the SCHIP reauthorization is politicking of the worst kind. It directly contradicts the priorities and the will of the American people, who overwhelmingly support Congress' efforts to extend this program. And it is a shameful move from the President of the richest country in the world – home to more than 9.4 million uninsured children.

In the near future, I will join a majority of my colleagues in casting my vote to override this veto – and we will continue doing so until we prevail. America understands, even if the President doesn't, that reauthorizing SCHIP in order to expand health care for our children is a fight we cannot afford to lose.

Rep. Mike Thompson (D-Napa Valley) represents Mendocino County in the U.S. House of Representatives.

WHERE TO WRITE

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933, FAX 962-0934;

www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 2137, Sacramento, 95814. (916) 319-2001; Santa Rosa, 576-2526; FAX, Santa Rosa, 576-2297. Berg's field representative in Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. E-mail to: assembly-member.berg@assembly.ca.gov

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: senator.wiggins@sen.ca.gov. In Ukiah: Kathy Kelley at 200 S. School St, 468-8914, email: kathy.kelley@sen.ca.gov

Mendocino County Supervisors: Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

From the desk of



RUBEN NAVARRETTE JR.

Seeing what they want to see

The confirmation hearings for Supreme Court Justice Clarence Thomas may be the ultimate Rorschach test. Americans look back at what transpired in that Senate hearing room in October 1991 and see what they want to see.

For those who believed Anita Hill's claims that Thomas -- while serving as her boss at the Equal Employment Opportunity Commission -- made advances and created a hostile work environment, the hearings were about sexual harassment.

In a recent interview tied to the release of his new book, "My Grandfather's Son," Thomas said that the treatment he received was really about abortion and the lengths to which the pro-choice lobby will go to keep a pro-life justice off the court.

I prefer a third explanation. These events were really about freedom -- the freedom of affirmative-action babies to engage in independent thinking and draw their own conclusions about whether racial entitlements actually benefit the folks they're supposed to, or are not worth preserving. That's not easy to do when you have to put up with silly accusations that you're pulling up the ladder behind you if you criticize affirmative action.

What ladder? Does anyone really think that under the status quo -- where powerful, and mostly white teachers unions are derailing higher standards for Latino and African-American students -- minorities are enjoying an educational windfall that they must preserve at all costs?

Oh great. Now I'm going to be in trouble too. As a Mexican-American Harvard graduate, I have benefited from the very educational system I'm criticizing. And I've been accused of "selling out" my own people because I oppose racial preferences and bilingual education. I also support the education reform law, No Child Left Behind, which empowers Latino students and yet which a host of Democratic presidential candidates promised, during a recent Spanish-language debate, to overhaul or scrap.

But wait, shouldn't I have the right to process all available information and reach my own conclusions just like anyone else? Dream on. White liberals won't allow it. And many of them aren't beneath insinuating that -- without the opportunities that they alone provided me, out of the goodness of their hearts -- I'd be out hawking oranges at an intersection.

You should read the mail I got from liberals who were furious at me -- oops, I mean, "disappointed" in me -- for defending former Attorney General Alberto Gonzales. I'll summarize: "You got your job because you're Mexican. Gonzales got his job because he was Mexican. So naturally, one Mexican defends another. Have a nice day."

And this from people who insist they're trying to help me, and people like me, live full and productive lives.

So I can appreciate firsthand some of what Clarence Thomas -- and Alberto Gonzales, Miguel Estrada, Janice Rogers Brown, Michael Steele -- and other conservatives of color have had to endure to hold on to their beliefs. Thomas figured out what his ordeal was about in real time. And he shared those insights at the hearings in words that must have come across to liberals like fingernails on a chalkboard.

In addressing the Senate Judiciary Committee, after Anita Hill had made her accusations, Thomas blasted the proceedings as a "national disgrace." Most memorably, he called them a "high-tech lynching for uppity blacks who in any way deign to think for themselves" and a "message that, unless you kowtow to an old order, this is what will happen to you, you will be lynched, destroyed, caricatured by a committee of the U.S. Senate rather than hung from a tree."

Thomas was angry then. And, according to his critics, he's still angry now. The pages of the book, wrote the left-of-center Washington Post columnist Ruth Marcus, "pulsate with Thomas' rage." Marcus also seems surprised that time hasn't healed these wounds, "not for Thomas, even 16 years later."

To recap, here are the rules of grievance as dictated by white liberals: If you're an African-American and your politics lean to the left, you can be righteously angry over slavery, segregation and discrimination and preserve that anger for more than 200 years. But, if you're an African-American and your politics lean to the right -- and you're wronged in any way -- then you have no right to be angry. And if you do succumb to anger, you must get over it in, oh, say, 16 years.

Personally, I'm glad Clarence Thomas is angry. He should be angry. And the rest of us should be ashamed. *Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.*



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What are you doing with your time?

"To every thing there is a season, and a time to every purpose under the heaven."
-- Ecclesiastes III,1

Our sense of time changes with age, life circumstances, and the state of the world. What has been your experience of the passage of time? Do you feel you have time for all the things that give purpose to your life?

As a child and young teenager I remember the agony of time seeming to stretch out endlessly. Would I ever turn eight? Would Christmas morning ever come? Would I ever get a letter from my boyfriend? Would the clock ever reach 3 pm so I could escape from my last period class?

That all changed in my late teens when I went away to college. Suddenly there were so many more activities to choose from and I had much greater freedom to decide what I did with my time. I filled it with new experiences. Because my mother had died in her mid-forties, I had an immense sense that time was limited and that I should do everything I wanted to do sooner rather than later. Coming of age in the 1960s only served to reinforce this feeling that one should grab time and ring every drop of life out of it.

By my late twenties my sense of time shifted once again. Now the focus was on deadlines, some of which I had already passed. In those days marriage was expected to take place by at least age 25 so you could have your first child before age 30. Then there was the deadline of buying your first house, hopefully in time for your first child's arrival. With many more women employed outside the home, how did building a career fit in with these other deadlines? In my thirties and forties I felt that I had to make up for all those years spent



Healthy Living By Haven Logan

enjoying myself and trying to right the wrongs of the world in the 1960s and '70s. Time became something I had no time to think about. I was juggling career goals, parenting, housekeeping, and trying to keep up with the ever changing world of technology.

As I move into yet another stage of life, the question of how to spend my time becomes more serious than ever. Financial planners talk delicately about "expected years." Well, I had expected to have limited years and already I have outlived my mother by almost two decades. My step-mother is 90 and mother-in-law is 96. So how do I know how much time I have? Shall I spend my money on all those foreign trips I always wanted to take or save it for time in a nursing home?

We don't have crystal balls to tell us how our lives will turn out; however, what we do have some control over is how we're using our time right now. To get a clearer look at how you are spending this precious commodity we call time, try this simple exercise.

• Step #1: Take out a piece of blank paper measuring at least 8 1/2 by 11 inches. This piece of paper represents the amount of time you have in your daily life. Now begin to rip this paper into pieces representing how you spend your time in an average week. One

piece might be work, another taking care of the house, another spending time with friends, etc. There is no right or wrong outcome to this exercise. Don't worry about being too precise; just go with your instinct. Label each piece of paper that represents the amount of time dedicated to a particular activity. The only rule to this exercise is that you have no additional time available, only the time that is represented by the whole sheet of paper.

When you're finished, place the pieces of paper out where you can see them. What do they tell you about how you're spending your time? How do you feel as you look at this? Are there important life purposes that you have left out or given little time to? Are there areas on which you would like to spend less time on?

• Step #2: Guess what! You now get to take out a new 8 1/2 by 11 inch piece of blank paper. This time rip the paper into pieces that demonstrate how you would like to be spending your time. Label each of these pieces with activities that represent for you a healthier, happier and more satisfying life. Keep the pieces some place where they will remind you of how you want to spend your time.

It is your time! Make sure that you keep enough of it for yourself and the things that are most important to you.

Haven Logan, Ph.D., is a psychotherapist in private practice in Ukiah. She is the author of two books, "Choosing to Be Well: A Conscious Approach to a Healthier Lifestyle" (Inner Ocean Publishing) and "The California Wine Country Diet: The Indulgent Approach to Managing Your Weight" (Quill Driver Books). You can download past Healthy Living columns at her website: www.californiawinecountry-diet.com.

Local health centers on the front lines of breast cancer prevention

The Daily Journal

On behalf of Mendocino County's six community health centers and in observance of October's Breast Cancer Awareness Month, the Alliance for Rural Community Health urges women to get a mammogram.

The local health centers serving Lake and Mendocino County communities are on the front lines helping to fight breast cancer among low-income, uninsured women through prevention, outreach, and by referring women for low-cost mammography when possible.

"Studies show that female patients obtaining their care at health centers are more likely to receive mammograms, clinical breast exams and pap smears, regardless of whether or not they have health insurance," said Dr. Tanya Kalmar, OB/GYN, medical director of Care for Her, a Ukiah-based women's health center. "That is why the kind of affordable and accessible health care provided by community health centers is crucial in the fight against breast cancer."

According to the Centers for Disease Control and Prevention, breast cancer is the second leading cause of cancer-related deaths for women in the United States. According to the American Cancer Society's California Cancer Facts and Figures, 2007, Mendocino County can expect to have 55 new cases of breast cancer this year, accounting for approximately 13 percent of all county-wide cancer cases. Lake County can expect 45 new breast cancer cases in 2007, or approximately 12 percent of all new cancer cases.

The ACS report also notes that the incidence rate of breast cancer in our state has not increased since 1988. At the same time, disease mortality rate has decreased by 28 percent. In large part, this reduction in mortality is due to early detection and the advancement in the effectiveness of treatment therapies.

Generally speaking, minority women and low-income women are less likely to have a recent mammogram. Predictably, these groups suffer higher mortality rates from the disease. Community health centers boost the odds of



early breast cancer detection in these vulnerable groups by providing affordable and accessible screenings, and launching education and outreach efforts to culturally diverse populations. Because they are located throughout our counties in rural communities, health centers improve access to care for Mendocino and Lake residents, regardless of their insurance status or ability to pay.

Mammography remains the best screening method for the detection of breast cancer in its earliest forms, and can detect possible tumors years before a woman can feel an actual lump. It is recommended that women 40 years and older receive a screening mammogram every one to two years. The CDC estimates that timely mammography will help to reduce breast cancer mortality by 20-25 percent when compared to women who do not receive screening.

To find the Mendocino County community health center nearest you, please visit www.ruralcommunityhealth.org/members.html.

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* Space is Limited. RSVP to 262-1880

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CANDIDATE FORUMS

THURSDAY, Oct. 11 • 6:30 PM

Mendocino County Office of Education Board
Redwood Valley Water District Board
Millview Water District Board
Mendocino Community College Board

Ukiah Civic Center
City Council Chambers
300 Seminary Ave.

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LOCAL
CALENDAR

TODAY

•Mendocino College volleyball vs. Alameda at 6:30 p.m. at Mendocino gymnasium.

•Ukiah High girls soccer vs. Rancho at 4 p.m. and 5:30 p.m. at the Ukiah High Stadium.

COMMUNITY
DIGEST

Basketball League
signups for youth

The City of Ukiah Community Service Department is beginning registration for the 2007/08 Youth Basketball league. The league is open to boys and girls from Kindergarten through 12th grade. Registration forms are now available at the Civic Center, 411 W. Clay Street, and at www.cityofukiah.com.

The registration fee is \$50 per first player, \$45 for the second player in the same family. Registrations are due by Friday, October 26, 2007. A \$15 late fee will be added after the deadline. There are Low-Income Discounts available. Absolutely NO registration will be accepted after 11/2/07. Practices will begin in November, after Thanksgiving. The Youth Basketball League games will run from January through March 2007. For this program to be successful enthusiastic volunteer coaches and team sponsors are needed. For more information, please call 463-6714.

Downtown K-town
3-on-3 tournament

On October 13, in Kelseyville, there will be a 3 on 3 tournament for all ages. The tournament will be held in downtown and run from 10 am to 6 pm. Registration will start at 8 am. It is \$60 for youth division and \$100 for adults. The tournament will be held on Sunday, October 14. For more information contact www.downtownktown.com.

Ukiah Athletic
Boosters meeting

Become involved and join the Ukiah High School Athletic Boosters Club. All parents and community members are welcome and encouraged to participate. This is a fun and long-standing community group which works hard to help local prep athletes obtain their uniforms and much needed equipment.

The next Ukiah High School Athletic Boosters meeting will be on Monday, October 8, at 5:30 p.m. on the Ukiah campus in the Career Center located in the Administration Building.

Ukiah Athletic
Boosters dinner

Ukiah High School Athletic Boosters fund raising dinner and auction will be held on Monday, October 15.

The community is invited to join us for our annual event at a "new" location in the Fine Arts building at the Ukiah Fair Grounds.

Dinner tickets are \$30 per person. Tickets are presale only.

For reservations and purchase information contact Deni Lee at 468-3736 or Val Jackson at 468-9085.

SAL Boxing

Fall hours for SAL boxing are Thursday 6:45 p.m. and Friday 5:00 p.m. The cost is only \$5 a year and classes are ongoing at the Redwood Health Club.

To join SAL Boxing athletes must fill out paperwork and have a parental signature for those under 18. The class is a mix of a levels and ages. Come for a good workout or to seriously study boxing.

DVC holds 6th annual
golf marathon

On Friday, October 5, Deep Valley Christian School will be hosting a 100 hole gold marathon.

Fund raising is critical to the life of a non-profit Christian school and volunteer help is greatly appreciated. This year's event will be at the Ukiah Municipal Golf Course.

The goal is for each golfer to play 100 holes of golf in one day. We would like to encourage moms and families to join the dads in this year's event. Some new items added for this year include; if a player raises at least \$100 their \$100 registration fee will be waived. If a parent plays with their child, who is under 16 years old, the child will play for free, and pastors and youth pastors play for free.

There will be a continental breakfast, lunch, tri-tip dinner, snacks, and golf balls provided. There will also be prizes for the longest drive, closest to pin, worst golfer, and much more.

The event starts at 7 a.m. with check-ins, and will run until around 7 p.m. when awards will be given.

All donations are accepted, it is possible to pledge by hole, or for a specific amount. Local businesses are also encouraged to donate, all donations are tax deductible.

NFL | WEEK 5

Goldberg on football: Good teams overcome injuries

By DAVE GOLDBERG
AP Football Writer

Pittsburgh was missing three starters with 10 Pro Bowls among them. Indianapolis was missing its best receiver, its best running back, its best defensive back and two starting linebackers.

Both won easily Sunday, disproving the adage that injuries kill.

"We talked ... about really just focusing on who was going to play and not who might not play or who couldn't," Tony Dungy said after his Colts beat his former team, Tampa Bay, 33-14. "We didn't want to alter things. We wanted to do what we always do by running our game plan offensively and defensively. Our backup guys stepped up."

The Steelers, meanwhile, went into Sunday's game with Seattle knowing they would not have wide receiver Hines Ward, nose tackle Casey Hampton and safety Troy Polamalu.

Then they learned Santonio Holmes, the other starting wide receiver, had injured a hamstring in warmups, leaving them with just three receivers active, all of them backups.

No problem. They shut down the Seahawks, 21-0.

None of this is new.

New England has been the best NFL team this decade because it overcomes injury or other misfortune, plugging in no-names for unavailable stars. This season it's been longtime backup Jarvis Green for injured Pro Bowler Richard Seymour at defensive

end; third-year man James Sanders for the suspended safety Rodney Harrison; and journeyman Sammy Morris for injured running back Laurence Moroney.

There is also an element of luck to it.

Indianapolis, for example, got by Sunday because Kenton Keith, a former Saskatchewan Roughrider, ran for 128 yards on 28 carries in place of Joseph Addai, and first-round draft pick Anthony Gonzalez had seven catches for 71 yards replacing Marvin Harrison as Peyton Manning picked apart the same "Tampa Two" defense his team runs.

The Colts also were without starting strong safety Bob Sanders, one of their top two defensive players, as well as

starting linebackers Freddy Keiaho and Rob Morris, the latter out for the season.

Obviously, it is easier for some teams than others. For instance, the Bucs had injuries, too, but they proved to be more devastating.

Running back Carnell "Cadillac" Williams was lost for the season a week ago and backup Michael Pittman went out during Sunday's game.

The most important injury, though, was to left tackle Luke Petitgout, lost for the season with a knee injury. In his place was Donald Penn, a second-year man making his first start. Penn couldn't handle Dwight Freeney and Raheem Brock, although the Bucs did-

See GOLDBERG, Page 7

UHS SPORTS UPDATE | GIRLS GOLF

Lady Wildcats overwhelm Santa Rosa



Photo by ROP student Theresa Ladao

Merissa Kreeger tees off the first hole in route to a nine-hole score of 55.

"This was a great personal victory for Whitney as she beat the 2005 and 2006 NBL Player of the Year in head to head competition 42 to 45."

--Coach Philbrick

Finish match still tied
in first in NBL play
The Daily Journal

The Ukiah High School girls golf team remained in a tie at the top of the North Bay League standings after beating Santa Rosa High on October 4th, 2007.

The match at Fountain Grove Country Club displayed a Santa Rosa team that simply overwhelmed Santa Rosa in their 15-shot victory 262-277.

The Ladycats (7-1) were led by Whitney Vau who shot 42 over nine holes to take down the Panthers' top golfer.

"This was a great personal victory for Whitney as she beat the 2005 and 2006 NBL Player of the Year in head to head competition 42 to 45," said coach Chris Philbrick.

Other top performers for the Ladycats included Shanel Sayad (42), Merissa Kreeger (55), Alex McMillen (57), Courtney Gray (66) and Lauren Ashton (67).

Thursday night's win sets up a battle for first place tonight as the Ukiah Ladycats go up against Ursuline at Oakmont West at 3:30 pm. Ursuline has already beat Ukiah on the road earlier in the year.

Coach Nolan seeks fix for 49ers inept offense

Coach Nolan seeks fix for 49ers inept offense

SANTA CLARA (AP) — Mike Nolan is getting a clearer picture of what's wrong with the San Francisco 49ers and will spend the bye week focused on fixing his struggling team's problems.

Nolan said Monday that he still needs to take a deeper look to pinpoint the reasons behind San Francisco's dismal offense and other factors that have led to a three-game losing streak after a 2-0 start.

"I'll do whatever it takes to make our football team better," Nolan said. "That's not in question. It's identifying it correctly. That's what we've got to make sure we do. I've got some things identified but it's not enough in my mind. There's more to it."

Nolan has steadily upgraded his offense with young talent and veteran experience since becoming the team's coach in 2005. So he's just as puzzled as anybody by the anemic production the 49ers

have received from that unit this season.

It reached a low point Sunday during a 9-7 loss to the Baltimore Ravens that dropped San Francisco into third place in the NFC West. The 49ers had just 38 yards total offense at halftime and finished with a season-low 163 the fourth time in five games the team has finished with 194 yards or fewer.

The 49ers rank last in the NFL in total offense and are at the bottom of the league sta-

tistically in five other offensive categories. San Francisco's awful start has put the team on a pace to finish with the worst offense since the NFL went to a 16-game schedule in 1978.

San Francisco is averaging just 203.2 yards per game. The 1992 Seattle Seahawks averaged 212.8 yards per game, the worst 16-game finish in league history.

"There's a lot of searching

See NINERS, Page 7

NFL | RAIDERS

Culpepper to start for first-place Raiders

By JOSH DUBOW
AP Sports Writer

ALAMEDA, Calif. (AP) — All the secrecy about which quarterback would start for the Oakland Raiders was put to rest this week.

With Josh McCown still limping around in a walking boot and Daunte Culpepper coming off a five-touchdown performance, coach Lane Kiffin saw no reason to keep secret his decision about the starting quarterback.

That's a big change from previous weeks. Kiffin refused to divulge McCown would start the season opener against Detroit, then listed McCown as doubtful the following week in Denver with a foot injury but started him anyway.

Heading into the next week against Cleveland, the questions were about how long McCown would keep the job after struggling the previous week against the Broncos. Culpepper finished the game against the Browns after McCown left at halftime with a broken toe, but Kiffin waited until the Friday before the Miami game before declaring Culpepper the starter.

He announced that Culpepper

"I expect to do whatever it takes to get a win," he said. "I'm pretty sure if you talk to every other guy in this locker room they'd say the same thing. It doesn't matter."

--Daunte Culpepper

would start this week's game for Oakland (2-2) against the San Diego Chargers before the first question of the week was even asked.

"I won't prepare any differently," Culpepper said. "I prepare the same no matter what. It's no different to me."

Culpepper wasn't asked to do much in his first start, going 5-for-12 for 75 yards, but he threw for two touchdowns and ran for three more, showing that his surgically repaired knee is feeling much better after hindering him so much the past two seasons.

In his last full season for Minnesota in 2004, Culpepper averaged more than 34 attempts a game. Now he said he's content to hand the ball off, if Oakland's top-ranked running game continues to have so much success.

"I expect to do whatever it takes to get a win," he said. "Whatever it takes

to get a win. I'm pretty sure if you talk to every other guy in this locker room they'd say the same thing. It doesn't matter."

Culpepper's two TD throws went to Jerry Porter, who has had four of his seven catches after Culpepper took over the quarterbacking duties.

"He's coming along," Porter said. "Naturally, the two guys have been there months before and had a bit of a leg up on him. ... He can play. He's getting a chance to get out there."

How long that chance will last is still up in the air. Kiffin has not said what he plans to do once McCown gets healthy. McCown played through a sprained right foot and cracked bone in his finger, but will miss his second straight game with the broken left toe.

"Every week it looks like he might be coming back and then he strug-

gles," Kiffin said. "We're just going to take it day to day."

There still are questions at running back, where LaMont Jordan has not practiced since leaving the Miami game with a sore back late in the first half. Justin Fargas ran for 172 of his career-high 179 yards in the second half against the Dolphins.

Also, Dominic Rhodes is back from his four-game suspension for violating the league's substance-abuse policy.

Pro Bowl defensive end Derrick Burgess is back practicing after missing two games with a sore calf and special teams standout Isaiah Ekejiuba is back for the first time since injuring his foot in the final exhibition game in Seattle.

When the Raiders take the field Sunday in San Diego, they will be in an unusual place. For the first time since winning the AFC West in 2002 on the way to the Super Bowl, Oakland is alone in first in the division.

The Raiders got there while watching the rest of the league play Sunday. They are 2-2, a half-game ahead of the other three divisional teams.

See JONES, Page 7

Jones
returns
medals

By NANCY ARMOUR
AP National Writer

Her reputation is gone and now so are Marion Jones' Olympic medals.

Jones gave back the five medals she won at the Sydney Olympics on Monday and agreed to forfeit all other results dating back to Sept. 1, 2000, further punishment for her admission that she was a drug cheat.

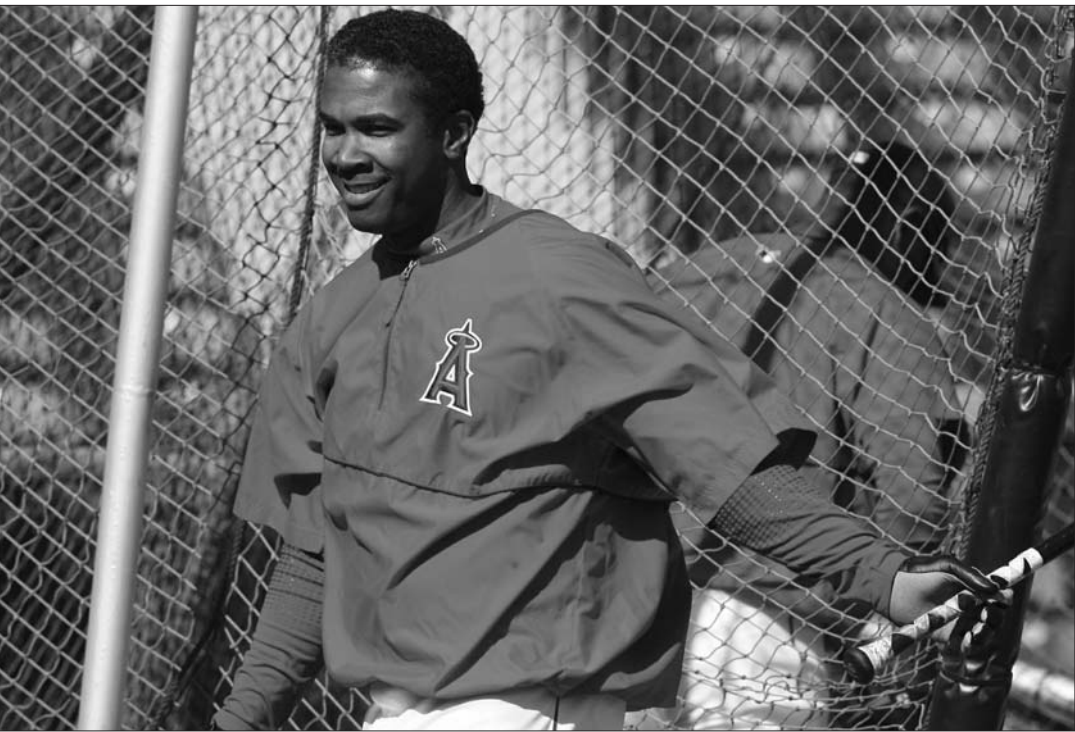
The three gold medals and two bronzes were turned over by her attorneys in Austin, Texas. They are en route to U.S. Olympic Committee headquarters in Colorado Springs, and the USOC will return them to the International Olympic Committee.

"We've done what we can," said Jim Scherr, the USOC's chief executive officer. "We caught the person who was not clean. We've got the medals in our possession, and we will return them to IOC."

Fielding a clean team is a priority for a country trying to improve its image in the Olympic movement — not to mention win the 2016 Games — and USOC chairman Peter Ueberroth pledged Monday that the U.S. team at next summer's Beijing Olympics will be drug-free.

But when American stars like Jones or Athens gold medalist Justin Gatlin get busted, it doesn't help the cause. Gatlin is facing a ban of up to eight years after testing positive for testosterone and other steroids in April 2006 — one month before tying the then 100-meter world record.

"Even though it is a negative going back, this will be viewed as positive in our



Garret Anderson shown here prior to a preseason game against the Brewers in Arizona, battled injuries all season for the Angels.

Angels’ funk not new

By JOHN NADEL
AP Sports Writer

ANAHEIM — When cleanup hitter Garret Anderson came down with conjunctivitis right before the playoffs, the Los Angeles Angels should have realized they were in trouble.

After playing through injuries all season long, the Angels simply didn't have it in their AL division series against the Boston Red Sox, hitting just .091 with runners in scoring position and .192 overall while being outscored 19-4.

The three-game sweep left the Angels with a seven-game losing streak in the playoffs dating back to 2005, and a nine-game postseason losing streak to the Red Sox.

So it's wait until next year for a team that had baseball's best record (91-62) as late as Sept. 20 before losing six of its final nine games to relinquish homefield advantage in the postseason — a major blow considering the Angels' 54-27 record at home was baseball's best.

"I thought our team was very talented, I thought it was deep," manager Mike Scioscia said following the Angels' 9-1 series-ending loss to the Red Sox on Sunday. "I thought it was deeper at some times during the season, and we played at a much higher level at times during the season."

"But we couldn't get anything going in these playoffs. As disappointing as this is in this series, you have to look back and see what a terrific season we had to get to this point."

In retrospect, the Angels would have been better off beginning the postseason several weeks ago, when they were at the top of their game.

After the Angels clinched the AL West championship

with a week left in the season, Scioscia focused on getting his players healthy rather than pushing for wins to try and gain homefield advantage.

While that made good sense, good health didn't necessarily follow.

Anderson was one of several Angels to spend time on the disabled list, along with fellow outfielder Juan Rivera, catcher Mike Napoli, starting pitchers Kelvim Escobar, Jered Weaver and Bartolo Colon, reliever Justin Speier and infielders Chone Figgins, Howie Kendrick, Maicer Izturis and Erick Aybar.

Shortstop Orlando Cabrera played in 155 games and slugger Vladimir Guerrero appeared in 150. Center fielder Gary Matthews Jr., was next at 140, but wasn't available against Boston because of an injured right knee. First baseman Casey Kotchman played in 137, but an undisclosed illness kept him out of the final game against the Red Sox.

While Guerrero didn't spend time on the disabled list, he was hampered throughout September by an inflamed right triceps. The fact that he was hit by pitches in the left forearm and right elbow in the season's final week just added to his discomfort, and he managed two harmless singles in 10 at-bats against the Red Sox.

Anderson, who had 65 RBIs after the All-Star break, overcame the infection in his right eye to play in the first two games against Boston, but was pulled after the second inning in Game 3 because, as Scioscia explained, he couldn't see well enough to continue on.

"I don't offer any excuses. They beat us," Anderson said. Scioscia agreed, saying: "This series wasn't lost on

injuries. They beat us. It wasn't because of our health."

After qualifying for the postseason only three times in their first 41 years of existence, the Angels have reached the playoffs four times in the last six years.

"We have a great team," said Kendrick, one of several outstanding young players on the roster. "We've got a little mix of everything — power, baserunning, pitching, defense."

The pitching certainly seems solid, with 19-game winner John Lackey, 18-game winner Escobar and youngsters Weaver, Joe Saunders and Ervin Santana giving them a solid rotation and standout closer Francisco Rodriguez heading up one of baseball's best bullpens.

The Angels ranked fourth in the AL with a .284 batting average and 822 runs scored, and second with 139 stolen bases. But their 123 homers ranked 12th.

"Every year you try to improve," Scioscia said. "There's not an offseason that goes by where you're not trying to improve your team, whatever the area might be."

"One of our issues has been slugging percentage, driving the ball, home-run power. We still managed to score a lot of runs this year without that. And if it can be improved, obviously we'll know that Bill and Arte will look into it."

Scioscia referred to general manager Bill Stoneman and Arte Moreno, the Angels' owner since May 21, 2003.

Guerrero hit 27 homers and drove in 125 runs. Nobody else hit more than the 18 homers delivered by Matthews. The 35-year-old Anderson has hit as many as 35 in a season, but often sidelined due to injury, he hasn't hit more than 17 since 2003.

Goldberg

Continued from Page 6

n't allow 12 sacks, which the Eagles did to the Giants when they had backup Winston Justice at left tackle two weeks ago.

Beyond that, think of where the Colts might be if they had Harrison, Addai, Sanders, Keiaho and Morris but not Peyton Manning, who was starting his 149th straight game, all of them since he came into the NFL in 1998.

Probably nowhere, since little used Jim Sorgi is Manning's backup.

"It's like the guys that I know on the pro golfing tour that get to play with Tiger Woods for the first time," Bucs coach Jon Gruden said Monday of Manning's performance. "That ain't fair. It just isn't fair. The guy's amazing."

Losing a quarterback wouldn't hurt Pittsburgh as much. Charlie Batch, Ben Roethlisberger's backup, is a former starter in Detroit who can manage the run-based Steelers offense.

On the other hand, though Matt Cassel, the backup in New England, has looked good in exhibitions and mop up duty, it's unlikely he could sustain the team's momentum

if Tom Brady missed a long stretch.

Carolina is lucky to have picked up David Carr from Houston. Despite a back injury, he returned to the game with New Orleans Sunday and led the Panthers to a comeback victory. Then on Monday, it was disclosed starter Jake Delhomme, who Carr is replacing, will undergo elbow surgery, meaning he is out for the season.

Meanwhile, it's still unclear if Carr can play Sunday at Arizona, leaving Carolina with only untested Matt Moore, who was 1-for-2 for 43 yards against the Saints before Carr returned.

"We obviously know we're going to be doing something," said coach John Fox, who also has newly signed Quinton Porter on the practice squad. "But what that is hasn't been hashed out yet."

At least they have something in common with next week's opponent.


The Cardinals, who had been platooning Matt Leinart and Kurt Warner lost Leinart Sunday with a broken collarbone. There is no other QB on the roster now and Warner, at 36, seems far more effective in a no-huddle as a changeup from Leinart than on his own — he's been very turnover

prone as a starter the last few seasons.

So make the rule a new one: Good teams overcome injuries. Except to left tackles and starting quarterbacks.

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NHL										
EASTERN CONFERENCE										
Atlantic Division										
N.Y. Islanders	W	L	OT	Pts	GF	GA				
N.Y. Rangers	2	1	0	4	10	8				
Philadelphia	1	1	0	2	5	4				
Pittsburgh	1	1	0	2	6	7				
New Jersey	1	1	0	2	6	8				
Northeast Division										
Ottawa	W	L	OT	Pts	GF	GA				
Montreal	4	0	0	8	13	7				
Toronto	1	0	1	3	6	6				
Boston	1	1	1	3	9	10				
Buffalo	1	1	0	2	4	5				
Southeast Division	0	2	0	0	6	9				
Washington	W	L	OT	Pts	GF	GA				
Tampa Bay	3	0	0	6	7	2				
Carolina	2	0	0	4	8	3				
Atlanta	1	1	1	3	6	6				
Florida	0	2	0	0	3	8				
	0	2	0	0	3	9				

WESTERN CONFERENCE										
Central Division										
Detroit	W	L	OT	Pts	GF	GA				
Nashville	2	0	1	5	10	8				
Chicago	2	0	0	4	9	1				
Columbus	1	1	0	2	4	4				
St. Louis	1	1	0	2	6	3				
Northwest Division	1	1	0	2	7	6				
Minnesota	W	L	OT	Pts	GF	GA				
Colorado	2	0	0	4	4	2				
Edmonton	2	1	0	4	10	9				
Vancouver	1	1	0	2	5	6				
Calgary	0	1	1	1	5	7				
Pacific Division										
San Jose	W	L	OT	Pts	GF	GA				
Anaheim	1	1	1	3	7	10				
Phoenix	1	3	1	3	11	17				
Dallas	1	1	0	2	4	5				
Los Angeles	1	2	0	2	8	10				
Two points for a win, one point for overtime loss or shootout loss.										
Sunday's Game										

Colorado 6, San Jose 2
Monday's Games
Washington 2, N.Y. Islanders 1
Ottawa 4, New Jersey 2
Detroit 4, Edmonton 2
Tuesday's Game
Carolina at Toronto, 4 p.m.
Wednesday's Games
Ottawa at Atlanta, 4 p.m.
Phoenix at Columbus, 4 p.m.
N.Y. Rangers at N.Y. Islanders, 4 p.m.
Calgary at Detroit, 4:30 p.m.
Montreal at Pittsburgh, 4:30 p.m.
Florida at Tampa Bay, 4:30 p.m.
Edmonton at Minnesota, 5 p.m.
San Jose at Chicago, 5:30 p.m.
Nashville at St. Louis, 5:30 p.m.
Los Angeles at Dallas, 5:30 p.m.
Boston at Anaheim, 7 p.m.
Philadelphia at Vancouver, 7:30 p.m.
Thursday's Games
Atlanta at Buffalo, 4 p.m.
Carolina at Ottawa, 4:30 p.m.
New Jersey at Florida, 4:30 p.m.
N.Y. Islanders at Toronto, 4:30 p.m.
Phoenix at Nashville, 5 p.m.

Jones

Continued from Page 6

commitment to fielding a clean team," Scherr said of Jones' punishment.

After long denying she ever had used performance-enhancing drugs, Jones admitted Friday that she'd taken the designer steroid "the clear" from September 2000 to July 2001. "The clear" has been linked to BALCO, the lab at the center of the steroids scandal in professional sports.

Jones' admission came as part of her guilty plea to lying to federal investigators about using steroids. She will be sentenced on Jan. 11, and prosecutors had suggested to Jones the prison term would be a maximum of six months.

It will be up to the IOC to decide what to do with Jones' medals. She won golds in the 100 meters, 200 meters and the 1,600 relay, and bronzes in the 400 relay and long jump.

Though there is precedent for only punishing one member of a relay team, Scherr and Ueberroth encouraged the other Americans to give back their medals, too.

Jearl Miles-Clark, Monique Hennagan, Tasha Colander-Richardson and Andrea Anderson all won golds as part of the 1,600-meter relay. Chryste Gaines, Torri

Edwards, Nanceen Perry and Passion Richardson were on the 400-meter relay team.

Both Edwards and Gaines have served doping bans since the 2000 Olympics.

"It's our opinion when any sporting event is won unfairly, it's completely tarnished and should be returned. The relay events were won unfairly," Ueberroth said. "It's very unfortunate, but your result involved cheating, so the result is unfair to the other athletes of the world."

The USOC has not talked to the other athletes yet about giving up their medals.

Though Jones announced her retirement after Friday's court hearing, she accepted a two-year ban Monday and agreed to forfeit any results dating back to Sept. 1, 2000. That includes the two golds (200 and 400 relay) and silver (100) she won at the 2001 championships in Edmonton.

She stands to lose more. Scherr said the USOC plans to go after Jones for prize money it awarded her, about \$100,000.

The International Association of Athletics Federations rules also allow for athletes busted for doping to be asked to pay back prize money and appearance fees. British sprinter Dwain Chambers, who admitted using the clear, had to pay back a reported \$230,615 before he was allowed to return to competition after a

two-year ban.

Jones would have earned millions in prizes, bonuses and fees from meets all over the world, including a share of the \$1 million Golden League jackpot in 2001 and 2002.

No one answered the door Monday at Jones' house in Austin, Texas.

If the IOC does nullify Jones' results in Sydney, the standings likely will be readjusted, with the second-place finisher moving up to gold, third to silver and fourth to bronze.

Jamaica won silver in the 1,600 relay, and France was fourth in the 400. Pauline Davis-Thompson of the Bahamas was the silver medalist in the 200 meters, and Tatiana Kotova of Russia was fourth in the long jump.

The silver medalist in the 100 meters in Sydney was Greek sprinter Katerina Thanou — at the center of a major doping scandal at the Athens Olympics. She and fellow Greek runner Kostas Kenteris failed to show up for drug tests on the eve of the games, claimed they were injured in a motorcycle accident and eventually pulled out. Both later were suspended for two years.

AP Sports Writers Stephen Wilson in London and Rachel Cohen in New York, and Associated Press Writer April Castro in Austin, Texas, contributed to this report.

Niners

Continued from Page 6

going on," Nolan said. "If it was just one (area), it would be a simple problem. But there have been dropped balls, missed blocks, missed protection calls. It could be scheme. It could be play-calling. It could be the head coach. It could be a lot of things."

The conservative nature of San Francisco's game plans and the play-calling of first-year offensive coordinator Jim Hostler have come under fire, and Nolan suggested after Sunday's loss that he may consider a change in who calls the offense.

But Nolan stood by the embattled Hostler on Monday. "He's in charge of that area and he'll be making the calls," Nolan said. "I do believe that it's not accurate to put one person under the bus, because all you've done there is just postponed the next person under the bus."

The bye hardly will be a week off for the 49ers. During the team's October bye week last year, Nolan made the decision to take over the defensive play-calling from

defensive coordinator Billy Davis, who was fired after the season.

The 49ers then rebounded from a 2-5 start with a three-game winning streak that thrust them into the NFC playoff picture.

San Francisco's 5-4 finish last year raised expectations for this season, and after drafting well and spending \$150 million on free agents during the offseason, the 49ers were expected to challenge for the NFC West title this year with their offense leading the way.

The 49ers were without three key offensive starters against Baltimore and could have all three back in the lineup when they return to action Oct. 21 against the New York Giants.

Tight end Vernon Davis missed the past two games with a partially torn MCL in his right knee but says he'll be ready to return against the Giants. Left tackle Jonas Jennings was excused from the team for personal reasons last week and missed Sunday's game, but he was back with the team Monday.

Quarterback Alex Smith suffered a Grade 3 separation of his right shoulder during the teams Week 4 loss to

Seattle, but he's making a rapid recovery from that injury and now is aiming to return against New York. Smith began making light throws Sunday just one week after his injury. On Monday, he had increased his throwing to 25-yard passes.

"I'm getting better every day," Smith said. "It definitely felt a lot better than yesterday. I'll just continue to rehab this week and keep pushing to get back."

The 49ers play three of their next four games and five of their next seven on the road after returning from the bye.

"We've got certain things that are moving in the right direction that are strong and continue to be strong," Nolan said. "We've got an area that's also holding us back a little bit, and that area seems to be the same. We need to get that area moving where the others are moving, and I'm confident well correct it. Were going to get to the bottom of it, without question."



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Oakland Airport gets bomb threats

Airport shut down for two hours

By ERIK N. NELSON
The Oakland Tribune

A bomb scare led to a total shutdown of Oakland International Airport for two hours Monday afternoon as authorities moved a threatened Southwest airlines jet to a remote part of the airport and searched it, finding nothing.

Alameda County Sheriff's detectives were investigating the noontime scare, which involved multiple threats of bombs on Southwest flight 337 to Los Angeles and several parts of the airport.

Airport spokesman Christopher Minner said mul-

multiple threats came in just after noon.

"As soon as the threats were received against 337, it was relocated to a remote part of the airport, the passengers were deplaned," Minner said. The plane was then searched by federal Transportation Security Administration agents and Oakland Police with bomb-sniffing dogs.

By 2:08 p.m., both the plane and the airport's two terminals, searched by Alameda County Sheriff's deputies, Oakland Police and TSA agents, were cleared. About 15 minutes later, passengers were allowed back in to the terminals for re-screening, Minner said.

Erik Sanders of Oakland, 34, an assistant manager for Verizon, said before Terminal 2 was reopened, "I'm inconvenienced big-time."



Transportation Security Officers also waited outside Terminal 2 waiting for the all clear.



Oakland International Airport was evacuated Monday afternoon because several bomb threats were made at the airport and particularly towards Southwest flight 337. Anxious travelers rush toward the terminal seconds after they re-opened the airport to travelers.

Sanders had a 2 p.m. flight to Phoenix, and said he was hopeful it would be delayed long enough to catch it.

When he couldn't get into Terminal 2, he went to

Terminal 1, but found its approaches blocked, too.

"We were just getting off of the rental car shuttle bus when we heard about it," said Sheila, Wudke, a former

Sausalito resident on her way back home to Las Vegas with her husband, Karl.

Even though their flight time had passed, they said they believed their flight

would be waiting for them, they said as they marched with hundreds of other passengers through a fast-moving security screening line.

Banked blood may not keep

By RANDOLPH E. SCHMID
AP Science Writer

WASHINGTON — Much of the stored blood given to millions of people every year may lack a component vital for it to deliver oxygen to the tissues.

Nitric oxide, which helps keep blood vessels open, begins breaking down as soon as blood goes into storage, two research teams report in separate studies in this week's online edition of Proceedings of the National Academy of Sciences.

In recent years, doctors have become increasingly concerned about levels of heart attack and stroke in patients receiving transfusions and the new findings may help explain that.

"It doesn't matter how much oxygen is being carried by red blood cells, it cannot get to the tissues that need it without nitric oxide," said Dr. Jonathan Stamler of Duke University, leader of one of the research groups.

Blood vessels relax and constrict to regulate blood flow and nitric oxide opens up blood vessels, allowing red blood cells to deliver oxygen, he explained.

"If the blood vessels cannot open, the red blood cells back up in the vessel and tissues go without oxygen. The result can be a heart attack or even death," he said.

"The issue of transfused blood being potentially harmful to patients is one of the biggest problems facing American medicine," said Stamler.

Several of the researchers, including Stamler, have consulting and/or equity relationships with Nitrox/N30, a company developing nitric oxide based therapies.

The second research team, led by Dr. Timothy McMahon, also at Duke, studied the changes in stored blood over time. Currently blood is allowed to be kept in blood banks for up to 42 days. After that it must be discarded. An estimated 14 million units of red blood cells are administered to about 4.8 million Americans annually.

"We were surprised at how quickly the blood changes — we saw clear indications of nitric oxide depletion within the first three hours," McMahon said in a statement.

Stamler said in a telephone interview that the researchers knew that nitric oxide is responsible for opening up small blood vessels, but had not previously measured the amount of that chemical in stored blood.

"Surprisingly, we found blood depleted profoundly by day one and it remained depleted through day 42," he said.

But if they restored the nitric oxide at any point, the red blood cells were again able to open blood vessels and deliver oxygen to tissues, they said. They tested the blood with added nitric oxide both in the laboratory and in dogs.

"This is an important observation and it needs to be followed up," said Dr. Louis Katz, a past president of America's Blood Centers, which provides about half the nation's blood.

"If you are going to store red cells, is there a way to make sure appropriate nitric oxide levels are maintained?" said Katz, who was not part of the research teams.

It is possible that these findings may make the public concerned about transfusions, Katz said: "There is no doubt, if you are bleeding to death from a trauma" you need a transfusion.

Stamler agreed that "physicians need to be able to give blood if people are bleeding profusely."

Overall, Katz said: "This is neat research. It needs to be proven that it's clinically relevant."

Stamler agreed on the need for clinical trials.

"Banked blood is truly a national treasure that needs to be protected," Stamler said. "Blood can be life saving, only it is not helping the way we had hoped and in many cases it may be making things worse. In principle, we now have a solution to the nitric oxide problem — we can put it back — but it needs to be proven in a clinical trial."

The research was supported by the National Institutes of Health, Duke Anesthesiology Fund, the American Heart Association and N30 Pharma, which has a license agreement with Duke to develop nitric oxide-based therapies.

On the Net: PNAS:
www.pnas.org

Leavitt confident children's health veto will stand

By HOPE YEN
Associated Press

WASHINGTON — President Bush's health secretary said Sunday he does not expect Congress to override a veto on children's insurance and warned that the popular program could be at risk unless Democrats restrain spending.

In an interview with The Associated Press, Health and Human Services Secretary Mike Leavitt said Bush would be willing to provide more than the \$5 billion increase over five years that he first proposed. He declined to say how much additional money was possible.

But in a warning to Democratic leaders who have pledged to stick with their \$35 billion increase, Leavitt said Bush would not waver despite attempts to override his veto last week.

An override requires a two-thirds majority in the House and Senate. The Senate approved the increase by a veto-proof margin, but the House fell about two dozen votes short of a two-thirds majority. The House has scheduled an override vote for Oct. 18.

Leavitt said the Democratic-controlled Congress, not the Republican administration, would pay the political price if the State Children's Health Insurance Program stalls due to gridlock. Congress has continued funding the program at its current level until mid-November as part of legislation keeping government agencies operating beyond Oct. 1, the start of the new budget year.

"I'm presuming the Democrats do in fact want the children's insurance program to be reauthorized," Leavitt said.

"The president knows bad

policy when he sees it. He has said as clearly as possible that 'I want to reauthorize this program and I'm prepared to add to the 20 percent increase I've already proposed.' But we need to have a serious conversation that involves all of the points of view," Leavitt said.

He added, "Once we agree on our priorities, then the proper number will arrive."

After his veto, Bush immediately signaled a willingness to compromise on a new bill, but congressional Democrats stood firm.

"You cannot wring another ounce of compromise out of this," Senate Majority Leader Harry Reid, D-Nev., said last week.

In the House, Speaker Nancy Pelosi is seeking support from 14 more Republicans to vote against the GOP president.

"It's hard to imagine how we could diminish the number of children who are covered," said Pelosi, D-Calif., in an interview broadcast on "Fox

News Sunday." "The president calls himself 'the decider,' and I don't know why he would want to decide that one child has health care and another does not."

"So we take it one step at a time. And right now, we have the next 10 days to two weeks to try to peel off about 14 votes in the House," she said.

The program provides health insurance to children in families with incomes too great for Medicaid eligibility but not enough to afford private insurance.

Bush and Leavitt have decried the spending increase primarily supported by Democrats as unnecessarily subsidizing middle-income people as part of Democrats' "goal of government-run health care for every American."

Leavitt said the veto override effort was sure to fail and as a result would waste two weeks during which the administration could work with Congress on new legisla-

tion.

"We're prepared to have negotiations at any time the Democrats want to," he said. "Unfortunately they put it off for two weeks so they can play politics with children's health care."

But Rep. Charles Rangel, D-N.Y., said Congress had already compromised enough, noting that House leaders wanted \$50 billion for the program but dropped it down to \$35 billion to appease Senate Republicans.

Rangel said Bush would suffer the political consequences if the program were not reauthorized, adding that Republicans such as Sen. Charles Grassley of Iowa and Orrin Hatch of Utah were working to sway wavering House GOP lawmakers.

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HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health – WIC office, 1120 S. Dora; Tess O’Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women’s small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Childbirth classes: Learn about nutrition during pregnancy , preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

Community Healing Clinic: 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

Council on Domestic Violence: First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

La Leche League: Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Fell Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Restaurant, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men’s Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Weight Watchers: Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

Women’s Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

If you — or the organization that you represent — change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.

Changes in leadership at HHSA

The Daily Journal

The Health and Human Services Agency is pleased to announce the appointment of Stacey Dunn as the new public health director.

Dunn will be joining the Agency Oct. 22. She holds a business administration degree and has experience with public health programs. She previously served as interim public health director in Alaska. She has been actively involved in disaster preparedness, animal control, nursing programs, grant administration, and community collaboratives. With her knowledge and past experience, she will be a great asset to the public health branch and the agency, and a benefit to the community at large.

In addition to the new public health director, changes in Mental Health are also being implemented. Mental Health has been struggling for several years administratively, fiscally, and programmatically. At this current juncture, the job of mental health director is too big for one person. For the past year, Noel O’Neill has been courageously juggling the many responsibilities of mental health director; however, changes in the way they do business are critical to continue to provide services to the community. Because of Agency integration, the Mental Health Branch is now in a position to receive the support it needs and deserves.

O’Neill, the current mental health director, will become director of special programs for the Health and Human Services Agency. He will be working for the Agency to review and critically examine Mental Health programs for both best practices and fiscal sustainability.

Mary Elliott, currently deputy director of Family and Children’s Services in Social Services Branch, will accept an out-of-class assignment to become interim mental health director of operations and administration. She will be responsible for the management of Mental Health’s day-to-day activities. Due to state mandates, Carmel Angelo, agency director, will be taking on the formal title of interim mental health director to work



as the liaison with the State of California, beginning Oct. 1.

O’Neill expressed relief with the additional support going into Mental Health services and with the shared leadership and shared responsibilities. “I totally support Mary in this move, and I will do everything I can to make it happen in a positive way,” says O’Neill.

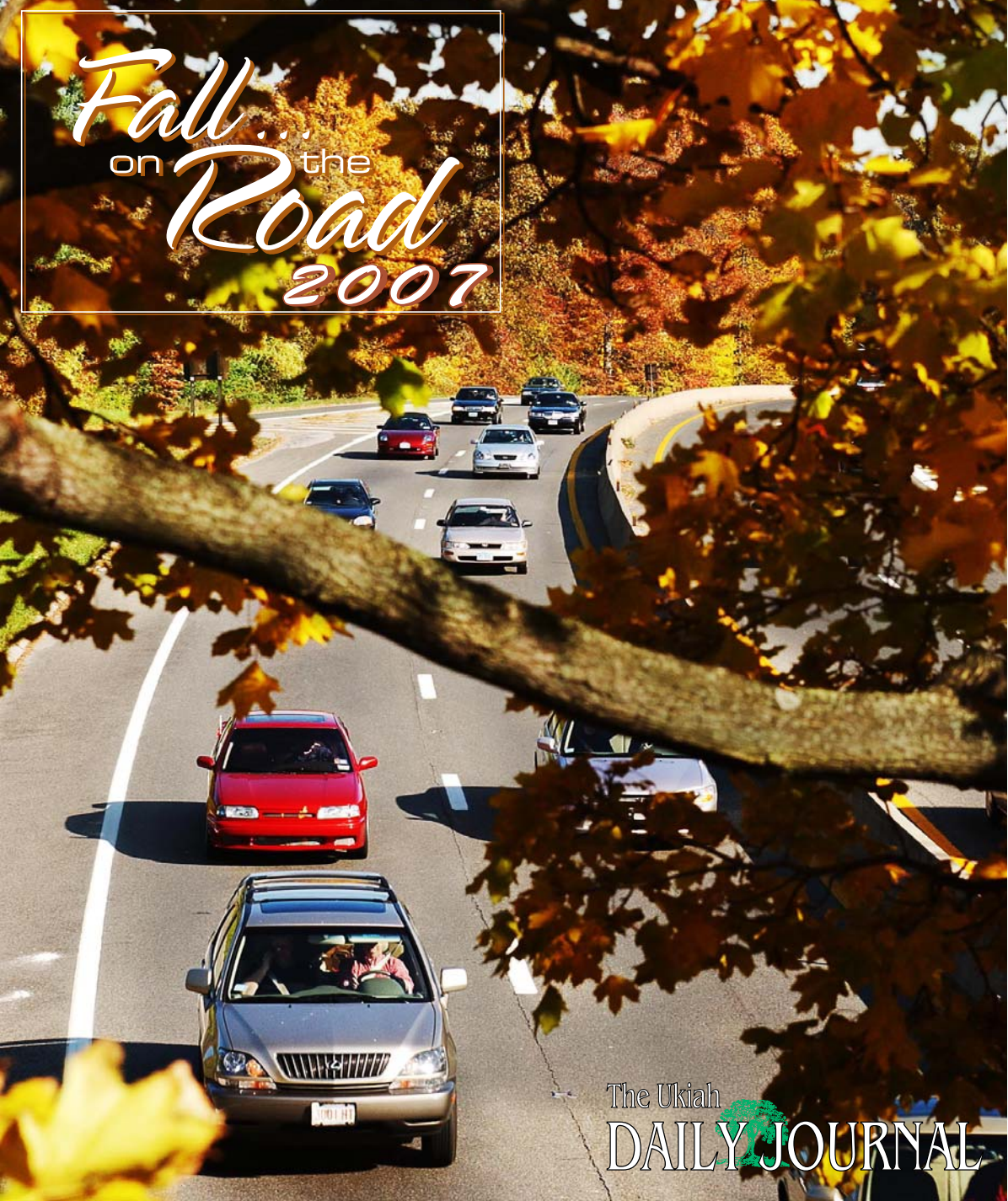
This is not the first time O’Neill and Elliott have collaborated their efforts. In 1999, Elliott was hired as the coordinator to develop the County’s Children’s System of Care, which seamlessly provides mental health services to children from a variety of providers. Together O’Neill and Elliott developed a very successful program and were instrumental in making Mendocino County the first county to implement a “wrap around” service for families. “In Mendocino County, we have a reputation as being very collaborative,” says Elliott as she describes their work.

In regards to working again with Mental Health and O’Neill, Elliott says, “We’ve been really good professional friends for a long time, and we have always continued to support each other. I want to do what I can to support what is best for Mendocino County. I believe this is a positive step to get Mental Health in line to financial stability.”

The collaboration of O’Neill, Elliott and Angelo brings together exceptional capabilities and highly skilled leadership to Mental Health, each working to develop specific parts of Mental Health Branch.

Angelo is optimistic about the shared responsibilities, “It’s an opportunity to infuse more resources into Mental Health.”

The hope is to bring the Mental Health Branch into fiscal stability and to be able to continue to provide vital services to the community far into the future.



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HEALTH NEWS IN BRIEF

Drive-up flu vaccination clinic this Saturday

The Mendocino County Public Health Branch will have the 12th annual drive-up flu vaccination clinic this Saturday from 8 a.m. to noon. The drive-up flu vaccination clinic is for persons 19 years and older with chronic health conditions or considered to be high risk. The drive-up clinic will be held at the Public Health Department in Ukiah, 1120 S. Dora St. There is suggested donation of \$5 per flu vaccination.

- The high-risk guidelines are:
- Persons age 60 years and older with or without chronic health conditions
 - Persons younger than 60 years of age with chronic health condition (diabetes, HIV, lung disease, kidney disease, heart disease, chronic liver disease, long term aspirin therapy, spinal cord injuries, seizure disorders, cognitive dysfunction, immune compromised and persons with neuromuscular disorders.)
 - Residents of long-term care facilities
 - Women who are or plan to be pregnant during the flu season
 - Health care personnel who provide direct patient care in or out of the home, i.e., doctors, nurses, etc
 - Household contact with a person unable to be vaccinated due to being immune compromised or children less than 6 months of age

Contact the local health department by phone or visit the Mendocino County Web site www.co.mendocino.ca.us/ph for further details of scheduled flu clinics. Parents are encouraged to get their children their flu shot.

For more information, call one of the following numbers: Ukiah, 472-2600; Ft. Bragg, 964-4713; Willits, 456-3800.

Ukiah Valley Medical Center to start smoking cessation classes on Oct. 16

The Ukiah Valley Medical Center is offering a six week smoking cessation class for smokers who are ready to call it

Ukiah Senior Center Lunch Menu

Monday - Friday, Serving at 11:30 a.m.
Reservations required by 7 a.m.
Members \$5, non-members \$6
Food by Zacks, public welcome
462-9256

Tuesday Oct. 9 Pork chops Scalloped potatoes Green beans Green salad Roll Dessert	Wednesday Oct. 10 Chicken fried steak Baked potato Vegetable Roll Dessert	Thursday Oct. 11 Meat loaf Mashed potato Gravy Zucchini Tomato Dessert	Friday Oct. 12 Beef tips over noodles Green salad Vegetable Dessert	Monday Oct. 15 Barbecue chicke Cole slaw Roasted potato Roll Dessert
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quits. The small group class will meet on Tuesday evenings from 6:30 to 8 p.m., starting Oct. 16 and running through Nov. 20. The American Lung Association's Freedom from Smoking program uses proven behavioral change techniques, class discussion, workbook exercises and homework assignments to teach smokers how to quit, before they quit. In the fourth week, participants will pick a quit day and also meet on Thursday, Nov. 8 to receive extra support in coping with both the physical and psychological symptoms of withdrawal and recovery. Both can be challenging if unexpected. The classes will be held in the Hospital Conference Room, located at 275 Hospital Drive, near the main entrance. The class will cost \$60 per person. For more information, or to register for the class, call 463-7606.

Freedom from Smoking class set to start Oct. 10

The Public Health Branch of the Mendocino County Health and Human Services Agency will facilitate the American Lung Association's six week Freedom from Smoking class, sponsored by the Howard Foundation. the classes will meet once a week, beginning Wednesday, Oct. 10, and running through Nov. 14 from 5:30 p.m. to 7 p.m.

The classes will be held in the Howard Memorial Hospital conference room in Willits. For more information, contact Jennifer Barrett at 456-3807.

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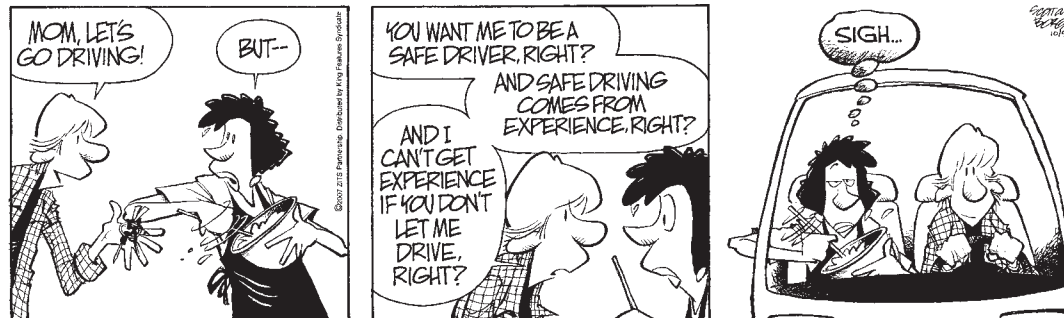
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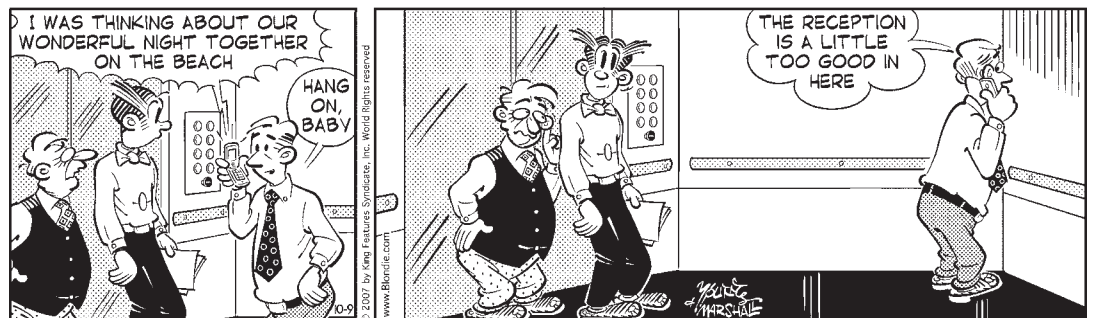
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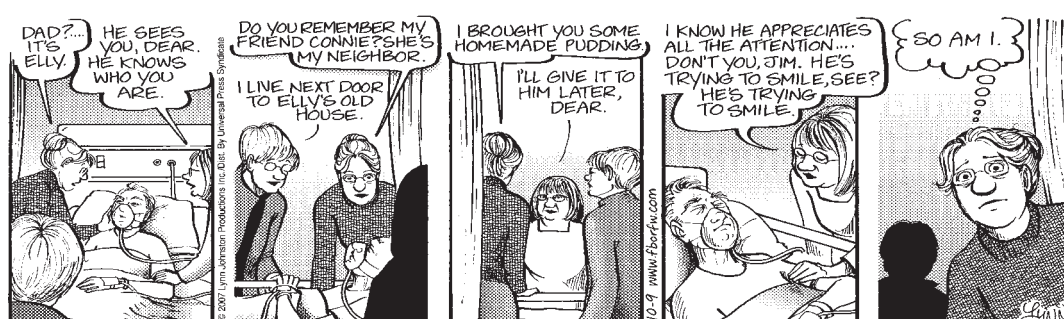
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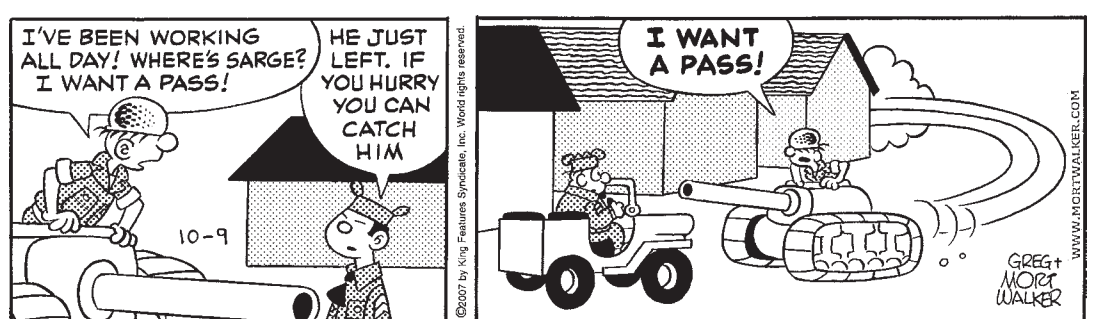
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by Lynn Johnson



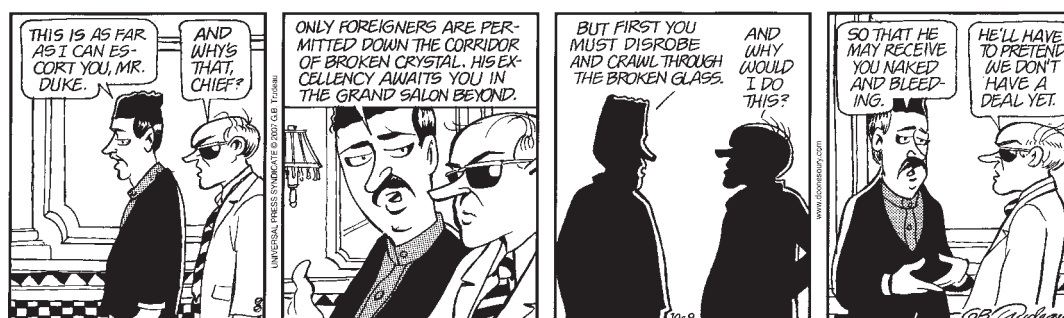
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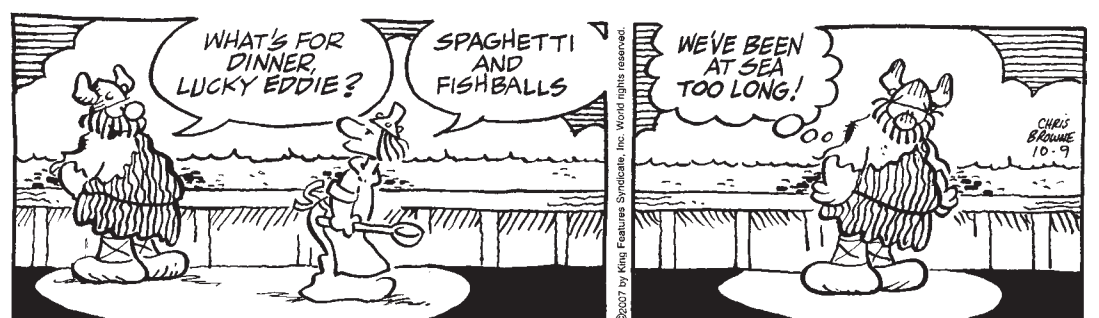
DOONESBURY

by Gary Trudeau



HAGAR THE HORRIBLE

by Dik Browne



Datebook: Tuesday, Oct. 9, 2007

Today is the 282nd day of 2007 and the 17th day of autumn.

TODAY'S HISTORY: In 1635, religious dissident Roger Williams was banished from the Massachusetts Bay Colony.

In 1888, the public was first allowed inside

the Washington Monument.

In 1967, guerrilla leader Ernesto "Che" Guevara was executed while attempting to lead revolutionaries in Bolivia.

In 2006, North Korea claimed it had performed its first nuclear test.

TODAY'S BIRTHDAYS: John Lennon (1940-1980), musician; Trent Lott (1941-), U.S. senator, is 66; Jackson Browne (1948-), singer/songwriter, is 59; Tony Shalhoub (1953-), actor, is 54; Scott Bakula (1954-), actor, is 53; Mike Singletary (1958-), football player, is 49; Annika Sorenstam (1970-), golfer, is 37.

TODAY'S SPORTS: In 1915, Woodrow Wilson became the first sitting president to

attend a World Series game.

TODAY'S QUOTE: "Reality leaves a lot to the imagination." -- John Lennon

TODAY'S FACT: Guevara was nicknamed "Che" -- a common Argentine interjection used to punctuate speech -- because of his frequent use of the expression.

TODAY'S MOON: Between last quarter (Oct. 3) and new moon (Oct. 11).



ASTROGRAPH

By Bernice Bede Osol



Wednesday, Oct. 10, 2007

The year ahead may turn out to be one of the most memorable ones in some time. Several happy occurrences that influence your way of thinking may signify the fulfillment of your hopes and expectations.

LIBRA (Sept. 23-Oct.

23) -- Elevate your sights at this time. You are entering a fortunate cycle where that interest can be advanced in greater measure than you thought possible. Go get 'em.

SCORPIO (Oct. 24-Nov. 22) -- Interesting things could be in the offing for you involving people, power and the fulfillment of your dreams. These matters will have better-than-average chances for develop-

ment. **SAGITTARIUS** (Nov. 23-Dec. 21) -- Something is unfolding that could enable you to derive large benefits from a venture that is in the hands of another. The offer to come onboard might arrive.

CAPRICORN (Dec. 22-Jan. 19) -- An arrangement that hasn't done much can blossom and prove advantageous to everyone involved. It now has all the essential elements needed: integrity, fairness and unity.

AQUARIUS (Jan. 20-Feb. 19) -- Bonds could be strengthened, starting in two new but significant relationships you've recently made. They could be responsible for bringing a

great deal of happiness into your life.

PISCES (Feb. 20-March 20) -- Someone of the opposite gender is eager to get to know you better and may find the courage to take the first step of making this possible. You'll know when he or she acts on this desire.

ARIES (March 21-April 19) -- Recognition and acknowledgement for your input in procuring something that interests a number of people will be in the offing. Nothing you do will go unappreciated.

TAURUS (April 20-May 20) -- Your luck and/or fortunes are about to undergo a change for the better. Keep an eye on the

enterprises or endeavors that you have worked hard to promote.

GEMINI (May 21-June 20) -- You could experience a strong, favorable shift in your social affairs. Watch for indications that tell you there could be a long-range change in conditions that is going your way.

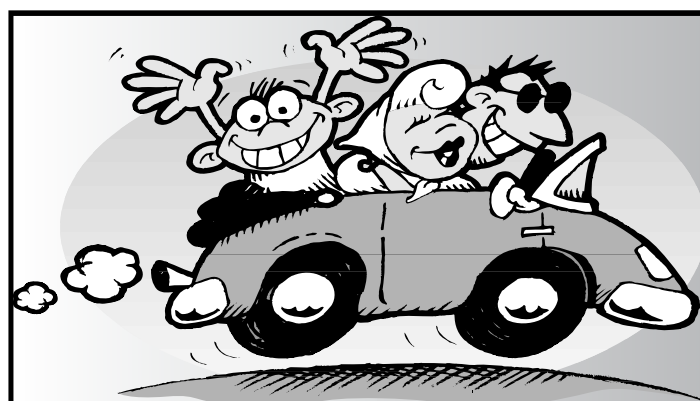
CANCER (June 21-July 22) -- You won't have to look to your cohorts or family to carry the ball for you concerning an endeavor that you've been working hard to develop. Dame Fortune will be lending a hand.

LEO (July 23-Aug. 22) -- New life is apt to be breathed into an arrangement you have with another.

This matter means a lot to you, but it has recently been experiencing a loss of interest. You may discover it is not time to call it quits.

VIRGO (Aug. 23-Sept. 22) -- Make a concerted effort to enhance a relationship you've recently established with someone who knows how to make money. This person could help advance your interests as well.

Know where to look for romance and you'll find it. Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Send for yours by mailing \$3 to Matchmaker, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167.



Cruise On In TO THE CLASSIFIEDS

Puzzlers

ACROSS

1 Airport rental

4 Closeout

8 Do alterations

11 VCR maker

12 Maintain

13 Statistics

14 Try out

16 Pasture grazers

17 Mick Jagger and mates

18 Dawn goddess

20 And so

21 Roman historian

24 Natural

28 Cyberspace letters

30 Kid around

33 Environmental prefix

34 Verdi princess

35 Having the means

36 Aunt or bro.

37 Thick piece

38 Heifer's hello

39 Heaps

41 On deck

43 Lies down

47 Sweater letter

49 Computer language

50 Baha'i origin

53 Stress

55 Kinks' tune

56 You bet!

57 Pollen spreader

58 Dash widths

59 Comics shrieks

60 Seek information

DOWN

1 Hit the hay

2 Sharp

3 Hazardous gas

4 Glossy fabric

5 Hertz rival

6 Durocher or

7 Urn homophone

8 Cut wood

9 Paris season

Answer to Previous Puzzle

CHICQUAVASE

NOTAURN ECHO

NOELIGNITION

PRINCE DODO

BOKCEE

NAMEDROADIE

OVERLOLLBAT

BEATADAMESA

CLAIMS FIXER

PEAHAN

GURUBAYING

MONOPOLYVOUS

GRINLEEA STI

METS DUD NEST

10 No longer is

13 Mr. Arnaz

15 Foment

19 Pamplona yell

22 Ski mecca

23 Skywalker's guru

25 Pianist Peter —

26 Scored well

27 Ring the bell

29 Big black dog

30 Fruit product

31 Dark, poetically

32 Tart plum

34 Determine value

39 Baseball's Mel —

40 Wipes out a floppy

42 Lucy Lawless role

44 Cousteau invention

45 Weight allowances

46 Glossy

48 Church alcove

49 Job benefit

50 Land in "la mer"

51 Guitarist — Wood

52 Pacino and Hirt

54 Wish undone

GET MORE in the new "Just Right Crossword Puzzles" series from Quill Driver. Call 800-605-7176.

10-9

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THE LEARNING CHALLENGER

by Robert Barnett

DIRECTIONS:

A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.

B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.

C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

31	22	22	31
N	S	N	D
29	33	25	23
R	L	A	O
18	24	22	20
T	L	I	O
20	27	25	20
A	A	G	A

CLUE: OBLIQUE

ORDER GRID

				98
				98
	22			98
20			27	98
O		A		98
			18	98
			T	98
98	98	98	98	98

10/9/2007

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

© 2007 Robert Barnett

Answers to Previous Learning Challenger

A STEAM LOCOMOTIVE

-4	27	25	-10
A	S	T	E
-10	25	30	-7
A	M	L	O
27	-7	-10	28
C	O	M	O
25	-7	-7	27
T	I	V	E

10/8/2007

Run in papers of Tuesday, Oct. 9, 2007

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: N equals Y

" O B L U L E J N U R U J N H Z O B P K U U L K H E Z W I I U B H E L T K O A . " - H U B B U K K U X O D D O W L K

" A E T B H J U L O B O K A U B A U K D O V U L E B U N . " - A W J D K W B C M T J P

PREVIOUS SOLUTION — "By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination." - C. Columbus

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

TUISE

CLOON

ENJUKT

BRATIB

www.jumble.com

THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argirion

Fill 'er up

Me, too

I'll be right with you

WHAT THE GAS STATION OWNER SAID WHEN HE WAS SWAMPED WITH BUSINESS.

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer: " " A " (Answers tomorrow)

Yesterday's Jumbles: STAID ABBOT PONCHO CUPFUL
Answer: When his pals made fun of his baldness, he — PUT A "LID" ON IT

College student is unsure of her relationship with her ex

Dear Annie: I recently broke up with my boyfriend, "Justin," after almost two years. I ended it because I realized I'm too young (early 20s) for such a serious relationship. I know I need more time to experience life on my own, pursue graduate studies in my field and probably date a little more.

The problem? I still love him. It's as though the moment I admitted I'm not ready, my brain flipped a switch, and now all the thoughts I was having about living in the city, going to grad school, etc., are overshadowed by how much I love him and will miss being with him.

Justin has been understanding about the situation and has even told me he thinks it would be good for me to date more. He's smart enough not to want a relationship with someone whose heart isn't totally there. He also has assured me I won't lose him completely. After we both have time to heal, I know we will at least remain friends.

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

I'm so torn right now. I care about him very much, but there were definitely problems with the relationship that he and I both needed to work on. I'm very scared and lost and need some advice. -- Anonymous in the City

Dear Anonymous: Let us start by saying we think you did the right thing. The problems in your relationship and the sense that you were missing out would not have disappeared. It's natural for you to feel a combination of sadness and regret, but major decisions shouldn't be based solely on the fear of making a mistake. Justin is willing to give you breathing space. Take it.

Dear Annie: Four years ago, I married a widower. His former wife was not only very popular, but a saint as well. When we run into people, we are always subjected to conversation about what a wonderful person "Mary" was and how everyone just loved her. Even now, my mother-in-law lets me know how much they all miss Mary and that they wish she were still here because she would be so proud of her adult children. I've finally learned to ignore her.

I don't doubt all these wonderful things about Mary. I once watched the video of the funeral, and even I cried, wishing I had known her. But Mary is gone, and I think it is rude for me to be bombarded with her accolades. I can never measure up.

My husband usually just stands there and listens. I think he likes to hear these things. I've explained to my husband how this makes me feel, but he is very unsympathetic. Is there something I can say to these people without being rude? -- In Mary's Shadow

Dear Shadow: Say politely and slowly,

"I've heard Mary was a wonderful woman. I'm sure everyone misses her." You'll sound gracious and kind, and anything less will be taken as sour grapes.

Dear Annie: The letter from "Scared Mom" sent shivers down my spine. I have been in her children's shoes. My dad is also bipolar and abusive, and won't take his medication.

My advice is to get out now. Her children need to be able to feel safe in their home. I didn't feel safe until I moved into the college dorm. As a child, I prayed my parents would divorce. I am 38 years old and have vertigo due to head trauma from the repeated abuse. My mom didn't protect me. In fact, she is still with him and has a whole new set of excuses to stay. Yes, the highs are wonderful, but they aren't worth it. I've told my husband if I ever start to exhibit signs of bipolar disorder to just put Prozac in my coffee. -- Long Road to Normal

Dear Normal: How sad that your parents neglected your safety. We hope others will learn from your heartbreaking letter.

TUESDAY EVENING											
10/9/07	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
BROADCAST CHANNELS											
(2)	News	Friends	Friends	Seinfeld	Bones (N)	(PA)	House "97 Seconds"	Ten O'clock News (N)	Seinfeld		
(4)	News (N)		Extra (N)	Hollywood	Singing	The Biggest	Loser (N)	Law & Order: SVU	News (N)		
(5)	News (N)	Eye-Bay	Judge J.	TMZ (N)	NCIS "Ex-File" (N)	The Unit (N)	Cane (N)	Boston Legal (N)	News (N)		
(6)	News (N)	Jeopardy!	Fortune	Cavemen	Carpoolers	Dancing With the Stars	(02) Boston Legal (N)	News (N)			
(6)	News-Lehrer	Parks	Europe	Nova (N)	(DVS)	P.O.V. "Made in L.A." (N)	P.O.V. (N)				
(8)	Paparazzi	Alma Gemela					Alma Gemela	Night Show			
(9)	News-Lehrer	Business	Quest	Nova (N)	(DVS)	P.O.V. "49 Up" (N)					
(20)	Fresh Pr.	My Wife	Jim	Law Order: CI	News	Jim	Married...	Reno 911!			
(36)	Still Stnd	70s Show	TMZ (N)	Cops (N)	Seinfeld	70s Show	Frasier (N)	TMZ (N)			
(40)	Family Guy	Seinfeld (N)	Two Men	Raymond	Bones (N)	(PA)	House "97 Seconds"	News (N)	Two Men		
(44)	Lopez	Simpsons	Simpsons	Two Men	Beauty and the Geek	Reaper "All Mine" (N)	Family Guy	Family Guy	Two Men		
(50)	The Insider	Entertain	Still Stnd	Raymond	Raymond	Frasier (N)	Frasier (N)	The Insider	Entertain	Blind Date	
CABLE CHANNELS											
A&E	Cold Case Files (N)	CSI: Miami (N)	Dog	Dog	Dog	Dog	Angel	Angel	Angel		
AMC	(5:00) Movie: ★★ ★ "Scent of a Woman" (1992)						Movie: ★★ ★ "Sea of Love" (1989, Suspense) Al Pacino.	"Chamber"			
COM	"Dr. Jekyll-Ms."	Scrubs (N)	Scrubs (N)	Daily Show	Colbert	Mencia	South Park	Dave Chappelle: Killin	Daily Show		
DISC	How-Made	Futureweapons	Dirty Jobs (N)					Last One Standing	Dirty Jobs		
DISN	Cory	Cory	Montana	Suite Life	Movie: "Halloweentown High" (N)	Life Derek	So Raven	Life Derek	Suite Life		
ESPN	Series of Poker	The Contender (N)	SportsCenter (Live) (N)	Baseball	NFL Live	SportsCenter (Live) (N)	SportsCitr.				
FAM	8 Rules	8 Rules	Grounded	Grounded	Lincoln Heights (N)	Funniest Home Videos	Funniest Home Videos	700 Club			
FSB	Final Score	Poker	Knockouts	High School	Football: De La Salle at Mission Viejo		NBA Preseason Basketball				
LIFE	Reba (N)	Reba (N)	Still Stnd	Still Stnd	Reba (N)	Reba (N)	★ ★ "Amber Frey: Witness for the Prosecution"	Will-Grace			
NICK	Zoey 101	School	Drake	SpongeBob	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.	
SCI FI	Eureka "Unpredictable"	ECW (Live)		Flash Gordon (N)		Stargate SG-1 (N)	Twilight Z.	Twilight Z.	The X-Files		
TBS	MLB Baseball National League Division Series Game 5 -- Teams TBA.					Inside MLB "Friends (N)	Raymond	Raymond	Raymond		
TNN	Star Trek: Voyager (N)	CSI: Crime Son	CSI: Crime Son	CSI: Crime Son	CSI: Crime Son	CSI: Crime Son	CSI: Crime Son	CSI: NY (N)			
TNT	Law & Order (DVS)	Law & Order "Bling" (N)	Cold Case (N)	Cold Case (N)	Cold Case (N)	Cold Case "8 Years"	Cold Case				
USA	Law & Order: SVU	Law Order: CI	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	"How to Lose a Guy in 10 Days"					
WGN	Funniest	Funniest	WGN News at Nine (N)	Scrubs (N)	Scrubs (N)	Corner Gas	Becker	Funniest Home Videos	Wilkos		
PREMIUM CHANNELS											
HBO	"Star Wars: Ep. III"	Five Days (N)	Five Days (N)	Movie: ★★ ★ "Blood Diamond" (2006) Leonardo DiCaprio.							
MAX	(5:45) "X-Men: The Last Stand" (N)	Dear Talula		Movie: ★★ ★ "Nobody's Fool" (1994)		Movie: ★★ "Waist Deep" (R)					
SHOW	Movie: "Lock, Stock and Two Smoking Barrels"	Brotherhood (N)	Dexter (TV) (N)	Weeds	Weeds	Californ					

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First Wednesday of every month

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CELEBRATING AMERICA'S LOVE OF FOOD

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HOW TO MAKE IT SUPERPOWERED

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The Ukiah DAILY JOURNAL

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The Daily Journal reserves the right to edit or withhold publication & may exercise its discretion in acceptance or classification of any & all advertising.

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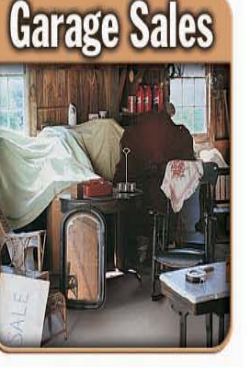
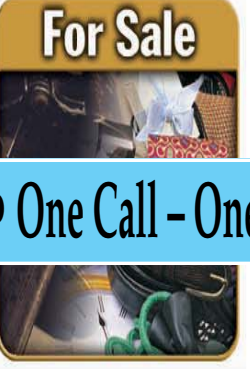
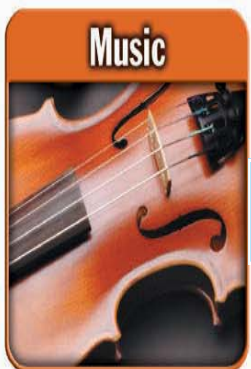
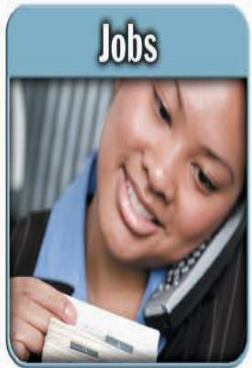
New classified ads, corrections & cancellations is 2:00 p.m. the day before publication. Sunday and Monday edition deadline is Friday at 2:30.

Payment

All advertising must be paid in advance unless credit account has been established. Master-Card & Visa are accepted.

Errors

When placing your ad, always ask for the ad to be repeated back to you. Check your ad for any errors the FIRST DAY. The Ukiah Daily Journal will be responsible for only one incorrect insertion & no greater extent than the cost of the space occupied.



Local • Statewide • Countywide • One Call - One Bill - We make it EASY for you!

733-07

ADVERTISEMENT OF SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property and household items described below to enforce a lien imposed on said property under the CA. Self-service storage facility act (bus. & Prof. Code SS 21700-21716). The undersigned will sell at public sale by competitive bidding on October 11, 2007 at 10:00 A.M. on the premises where said property has been stored and which are located at Red Carpet Mini-Storage, 151 Lake Mendocino Drive, County of Mendocino, Ukiah, CA. The following:

Raymond Rhoades (Hsehd Itms)	Unit #B-92
Jerry Robinson (Hsehd Itms)	Unit #D-95
Sandra Miranda (Hsehd Itms)	Unit #D-97
Lori Lynn Miller (Hsehd Itms)	Unit #D-111
Vicki Lynn Rutstein (Hsehd Itms)	Unit #E-23
Patrick Meadlin (Hsehd Itms)	Unit #F-20
Linda Jodonna Banke (Hsehd Itms)	Unit #1-28
Mike Mendez (Hsehd Itms)	Unit #1-44
Melissa Handley (Hsehd Itms)	Unit #L-266
Susan McLaren (Hsehd Itms)	Unit #M-60
Joyce Ruelle (Hsehd Itms)	Unit #M-64
Porchia Smith (Hsehd Itms)	Unit #O-24

Purchases must be paid for at the time of purchase in cash. All purchased items sold as is, where is and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: William Steinmann, (707)468-8887 Bond # 97-Q6-0038-1. Dated 10/02/07 and 10/09/07

706-07

10-2,9,16,23/07

NOTICE OF PETITION TO ADMINISTER ESTATE

CASE NO.: SCUJ CVPB07-25063

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **MARK ANTHONY GRAVES** A PETITION FOR PROBATE has been filed by: **BETH PACHECO** in the Superior Court of California, County of Mendocino.

THE PETITION FOR PROBATE requests that: **BETH PACHECO** be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the *Independent Administration of Estates Act*. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action). The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on **November 2, 2007 at 9:30 a.m. in Dept.: E**, located at: **COURTHOUSE, 100 N. State Street, Ukiah, CA 95482**

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court *before* the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

ATTORNEY FOR PETITIONER:

Bradley, Kass Esq.
520 S. El Camino Real, Suite 810
San Mateo, CA 94402
650-579-0612

770-07

Statement of Request for Information on Domestic Water Supplies

This is a request for information on any Domestic Water Supply within 1000 feet downstream of a proposed Non-Industrial Timber Management Plan which is located in Mendocino County approximately 1.6 air miles generally northeast of the town of Philo in a portion of the Parkinson Gulch and Indian Creek drainages. The legal description is portions of Sections 9, 10, 15, T14N, R14W, MDB&M. Send any information within ten days following this publication to: Michael Howell, P.O. Box 297, Boonville, Ca. 95415.

767-07

10-6,7,8,9,10,11,12/07

PUBLIC NOTICE Notice of Intent to Discharge Under North Coast Regional Water Quality Control Board General Waste Discharge Requirements Order No. R1-2006-0107, WQID No. 1B00209NMEN For Addition of Chemical Oxidants to Soils and/or Groundwater At 1301 State Street Ukiah, California Mendocino County

October 6, 2007

On the basis of preliminary staff review and application of lawful standards and regulations, the North Coast Regional Water Quality Control Board (Regional Water Board) intends to extend coverage under *General Waste Discharge Requirements* (General WDRs) *Order No. R1-2006-0107 for Addition of Chemical Oxidants to Soils and/or Groundwater* for the proposed groundwater remediation project using ozone injection at the USA Gasoline Service Station #206 (Site). The site is located at 1301 State Street North, in Ukiah, California. The addition of chemical oxidants such as ozone can be an effective technology capable of reducing the levels of contaminants in groundwater. General WDRs for the addition of chemical oxidants to groundwater were adopted by the Regional Water Board in Order R1-2006-0107 on November 26, 2006.

On May 2, 2007, Moller Investment Group Inc. submitted a Notice of Intent and fees for coverage under the General WDR to add ozone and hydrogen peroxide into the subsurface at the site. The project is intended to eliminate petroleum hydrocarbons and related chemicals that remain in the groundwater beneath the site.

General WDR Order No. R1-2006-0107 and documents related to the investigation and cleanup of the site may be inspected or copied at the Regional Water Board office on Monday through Friday, 8:30 a.m. to 5:00 p.m. Appointments are recommended and can be made by calling (707)576-2220. Comments may be submitted in writing to the following address:

North Coast Regional Water Quality Control Board
5550 Skyline Boulevard, Suite A
Santa Rosa, California 95403
Interested persons with questions or comments may also contact Jim Tischler of the Regional Water Board staff at (707)576-2469. Coverage under the General WDR will be extended to Moller Investment Group, Inc. without further public notice unless significant comments are received by November 12, 2007.

605-07

10-2,9,16,23/07

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No. SCUJ CVPT-07-99069

SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482

IN THE MATTER OF THE APPLICATION OF: **Graciela Delgado**
THE COURT FINDS that Petitioner(s) **Graciela Delgado** has/have filed a Petition for Change of Applicant(s)' name FROM **Graciela Delgado, Gracia Delgado**

THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:

HEARING DATE: **November 2, 2007 at 9:30 a.m. in Dept E**, located at **Court House, 100 N. State Street, Ukiah, California 95482**

Dated: **September 19, 2007**
/s/ Conrad L. Cox
CONRAD L. COX
Judge of the Superior Court

711-07

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case No. SCUJCVPT 0799919

SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482

IN THE MATTER OF THE APPLICATION OF: **Jenny Louise Ruoff**

THE COURT FINDS that Petitioner(s) **Jenny Louise Ruoff** has/have filed a Petition for Change of Applicant(s)' name FROM **Jenny Louise Ruoff**

TO **Jasmine Louise Ruoff**
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:

HEARING DATE: **10-26-2007 at 9:30 a.m. in Dept E**, located at **Court House, 100 N. State Street, Ukiah, California 95482**

Dated: **Sept. 10, 2007**
/s/ Richard L. Henderson
RICHARD L. HENDERSON
Judge of the Superior Court

764-07

Request for Proposals

County DOT Agreement No. 070103 Branscomb Road Pedestrian Facility.

The Mendocino County Department of Transportation is now issuing a Request for Proposals (RFP) for DOT Agreement No. 070103, Branscomb Road Pedestrian Facility. General scope of work includes building a five-foot wide asphalt concrete walkway along Branscomb Road, CR 429, from the Laytonville High School (M.P. 25.63) to the intersection with Lakeview Avenue, CR 319C (M.P. 23.87). Portions of the walkway connections to the existing concrete curb, gutter, and sidewalk west of the Laytonville High School will be concrete as well. Furthermore, as an additive work element MDOT will ask for a concrete curb, gutter, and sidewalk design (east of the high school but invoiced separately from the Safe Routes to School grant) to extend the walkway from the high school to Highway 101 which ties into the proposed Caltrans intersection widening project. Signed, reflectorized crosswalks will also be installed or upgraded to maximize the safety for the students that cross Branscomb Road. RFP packages may be obtained from the Mendocino County Department of Transportation, 340 Lake Mendocino Drive, Ukiah, CA 95482, Attn: Larry Alexander, Deputy Director of Transportation, Engineering, 707-463-4510.

Technical proposals are to be received at the aforementioned address by 4:30 p.m. on 12 October 2007.

743-07

10-3,9/07

NOTICE OF HEARING ON CITY OF UKIAH URBAN WATER MANAGEMENT PLAN UPDATE

PLEASE TAKE NOTICE that the City Council of the City of Ukiah will hold a public hearing on a proposed update of its Urban Water Management Plan. The hearing will be held on October 17, 2007, beginning at 6:15 p.m. or as soon thereafter as the matter may be heard. The hearing will be held at the City Council Chambers, Ukiah Civic Center, 300 Seminary Avenue, Ukiah.

Copies of the proposed updated plan are available for public inspection in the Civic Center foyer and in the Civic Center Annex, located at 411 W. Clay Street, Ukiah. The plan is also available at the Mendocino County Public Library and on the City's website: <http://www.cityofukiah.com>.

Please let anyone you know who may be interested in the update of the City's Urban Water Management Plan know about this hearing. If you have any comments about or objections to the proposed plan, you must make those comments or objections known to the City Council by submitting them in writing before the hearing or making them orally at the public hearing. Please be advised that if you challenge the plan in court, you may be prevented from raising issues or presenting evidence that was not presented to the City Council by you or someone else at or prior to the hearing.

Dated: September 27, 2007
Linda Brown, Acting City Clerk
Publish: 10/3/07; 10/9/07

726-07

NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED March 31, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE, IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On **October 17, 2007**, at the hour of **10:00 a.m.**, at the main entrance to the Mendocino County Courthouse, located at 100 North State Street, City of Ukiah, County of Mendocino, State of California, PRIME PACIFIC, a corporation, as Trustee will sell at public auction, to the highest bidder for cash in lawful money of the United States, all payable at the time of sale, real property situated in the County of Mendocino, State of California, commonly known as 1301 Talmage Road, Ukiah, California (APN: 181-070-04), and is more particularly described in Exhibit "A" attached hereto. I

If a street address or common designation of property is shown in this notice, no warranty is given as to its completeness or correctness. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid obligation, together with reasonable estimate of the costs, expenses and advances at the time of the initial publication of this notice is \$541,639.60. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

The sale will be made without covenant or warranty regarding title, possession, or encumbrances to satisfy the obligation secured by and pursuant to the power of the sale conferred in that certain Deed of Trust executed by JOHN E. HICKS and ROSALENE HICKS, husband and wife as Joint Tenants, as Trustor, to RICHARD P. SELZER, as Trustee, for the benefit and security of PROSPECTOR FUND, a California Limited Partnership, as Beneficiary, dated March 31, 2006, and recorded April 5, 2006, in Document No. 2006-06304, Official Records of Mendocino County, and said property will be sold "as is" and no warranty or representation is made concerning its present condition.

PRIME PACIFIC was substituted as trustee under that certain document recorded April 11, 2007, in Document No. 2007-06769, Official Records of Mendocino County.

The address and telephone number of the trustee is: PRIME PACIFIC, Post Office Box 177, 445 North State Street, Ukiah, California 95482; Telephone: (707) 468-5300.

Notice of Default and election to sell the described real property under the mentioned deed of trust was recorded on April 11, 2007, in Document No. 2007-06770, Official Records of Mendocino County.

The name, address, and telephone number of the Beneficiary (or Beneficiary's agent) at whose request this sale is to be conducted is: PROSPECTOR FUND, 417-A Talmage Road, Ukiah, California 95482, telephone: (707) 468-8951.

Dated: September 19, 2007 PRIME PACIFIC, INC. By: MARY F. MORRIS No. PF-07-02F President - Trustee

EXHIBIT 'A' LEGAL DESCRIPTION

The land referred to herein is described as follows:

All that certain real property situate, lying and being in the unincorporated area, County of Mendocino, State of California, more particularly described as follows:

Beginning at the Northerly terminus of the Westerly line of Lot 144 of Yokayo Rancho (also known as F-F); thence South 87° 06' 12" East, 983.92 feet; thence South 89° 28' East, 608.19 feet; thence along a curve to the right and tangent to last preceding course with radius of 14.95 feet through an angle of 0° 18' 48" a distance of 81.80 feet to and for the point of beginning of this description; thence along the Southerly boundary of State Highway No. 70 as described in Deed from Ralph E. and Catherine McGill, dated March 14, 1951, recorded in Volume 272 at page 469, Mendocino County Records; thence from a tangent that bears South 89° 09' 44" a distance of 125.00 feet; thence leaving the boundary of said State Highway, South 0° 38' West, 139.31 feet; thence North 85° 55' West, 125.22 feet; thence North 0° 38' East, 133.08 feet to the point of beginning.
APN: 181-070-04

PUBLIC NOTICE

717-07

9-18,25,10-2,9/07 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2007-F0638
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
WORLDS LARGEST REDWOOD TREE GAS STATION MUSEUM & GALLERY
580 No. State St.
Ukiah, CA 95482

Edwin Paul Allen, Jr.
3800 No. State St.
#116
Ukiah, CA 95482

This business is conducted by an **Individual**. The registrant commenced to transact business under the fictitious business name or names listed above on **Sept. 17, 2007**. Endorsed-Filed on **9/17/2007** at the Mendocino County Clerks Office.

/s/Edwin Paul Allen Jr.
EDWIN PAUL ALLEN JR.

731-07

9-25,26,10-2,9,16/07 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2007-F0646
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:
LARGO RUDDICK RANCH, LARGO RIDGE VINEYARDS, RIVER BEND ORCHARD RIVER ORCHARD
8801 Old River Road
Ukiah, CA 95482

Redwood Empire Packing, Inc.
8801 Old River Road
Ukiah, CA 95482

This business is conducted by a **Corporation**. State of incorporation: **California**. The registrant commenced to transact business under the fictitious business name or names listed above on **Sept. 19, 2007**. Endorsed-Filed on **Sept. 19, 2007** at the Mendocino County Clerks Office.

/s/Sharon G. Ruddick

SHARON G. RUDDICK

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10

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30

LOST & FOUND

FOUND: Keys on Hwy 101 just North of Perkins St. Call to ID 468-3500

Lost Oct. 7th on the 900 block of S. Oak. Brown wallet. Call 468-7813

Mickey the cat has brwn & bick stripes. Bulls-eye on side. White legs & feet. Long & skinny and afraid of strangers. **Lost near Hwy 175.** Please call 744-1908

Missing cat. Grey tabby with blk stripes & white chest. Last seen 9/30. Vic. Hor-tense St. 462-6976

REWARD

LOST:
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Please return.
485-6600

NO QUESTIONS ASKED

70

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763-07

10-9,16,23,30/07 FICTITIOUS BUSINESS NAME STATEMENT

File No.: 2007-F0673
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

TLIC
7800 Lakeside Dr.
Ukiah, CA 95482
Thomas P. Houston
7800 Lakeside Dr.
Ukiah, CA 95482

Lara S. Houston
7800 Lakeside Dr.
Ukiah, CA 95482
This business is conducted by **Husband & Wife**. The registrants commenced to transact business under the fictitious business name or names listed above on **Oct. 1, 2007**. Endorsed-Filed on **Oct. 4, 2007** at the Mendocino County Clerks Office. /s/Lara S. Houston
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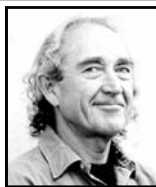
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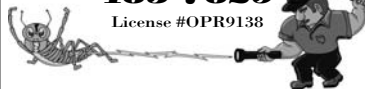
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All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling \$500 or more must be licensed by the State of California.

Advertisements appearing in these columns without a licensed number indicate that the contractor or individuals are not licensed by the State of California. Further information can be obtained by contacting the Contractors State License Board.

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3-DAY FORECAST

TODAY

63°

Colder; mostly cloudy, then rain

TONIGHT

49°

Mostly cloudy with rain tapering off

WEDNESDAY

69°

43°

Cool with several hours of sun

THURSDAY

72°

49°

Cool with partial sunshine

SUN AND MOON

Sunrise today 7:16 a.m.
Sunset tonight 6:44 p.m.
Moonrise today 5:51 a.m.
Moonset today 5:57 p.m.

MOON PHASES

New First Full Last

Oct. 10 Oct. 19 Oct. 25 Nov. 1

ALMANAC

Ukiah through 2 p.m. Monday

Temperature

High 79
Low 43
Normal high 80
Normal low 48
Record high 99 in 1971
Record low 33 in 1949

Precipitation

24 hrs to 2 p.m. Mon. 0.00"
Month to date 0.02"
Normal month to date 0.27"
Season to date 0.20"
Last season to date 0.31"
Normal season to date 1.13"

Forecasts and graphics provided by
AccuWeather, Inc. 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Anaheim	77/56/s	76/56/pc	Napa	69/50/c	72/42/pc
Antioch	70/51/c	72/47/pc	Needles	94/62/s	93/61/s
Arroyo Grande	72/51/pc	70/46/pc	Oakland	68/54/pc	68/49/pc
Atascadero	76/48/pc	75/45/pc	Ontario	82/51/s	80/55/s
Auburn	69/49/c	70/49/pc	Orange	77/56/s	76/52/pc
Barstow	84/56/s	85/56/s	Oxnard	69/55/s	67/55/pc
Big Sur	68/51/pc	68/51/pc	Palm Springs	91/62/s	92/64/s
Bishop	76/39/s	76/36/pc	Pasadena	77/54/s	77/56/s
Blythe	95/56/s	95/60/s	Pomona	79/54/s	77/49/s
Burbank	80/55/s	78/55/s	Potter Valley	60/45/r	67/42/pc
California City	83/53/s	81/50/s	Redding	64/51/r	71/45/pc
Carpinteria	66/56/s	65/52/pc	Riverside	84/49/s	81/53/s
Catalina	67/56/s	66/54/pc	Sacramento	72/51/c	73/49/pc
Chico	67/50/c	72/47/pc	Salinas	70/50/pc	69/48/pc
Crescent City	59/49/r	57/46/c	San Bernardino	81/52/s	79/53/s
Death Valley	98/63/s	96/59/s	San Diego	72/51/s	72/62/pc
Downey	76/56/s	75/58/pc	San Fernando	77/53/s	75/53/s
Encinitas	73/55/s	72/58/pc	San Francisco	66/57/pc	67/52/pc
Escondido	79/54/s	78/54/pc	San Jose	72/55/pc	71/50/pc
Eureka	65/48/r	58/43/pc	San Luis Obispo	71/49/pc	73/49/pc
Fort Bragg	59/50/r	60/45/pc	San Rafael	62/53/pc	63/46/pc
Fresno	83/55/s	79/53/pc	Santa Ana	74/57/s	72/59/pc
Gilroy	71/51/c	71/46/pc	Santa Barbara	68/50/s	69/49/pc
Indio	92/59/s	92/58/s	Santa Cruz	67/52/pc	68/49/pc
Irvine	74/57/s	72/59/pc	Santa Monica	71/56/s	69/57/pc
Hollywood	76/55/s	75/58/pc	Santa Rosa	66/48/c	71/43/pc
Lake Arrowhead	74/43/s	73/38/s	S. Lake Tahoe	63/31/pc	53/26/pc
Lodi	74/52/c	75/48/pc	Stockton	77/52/c	77/46/pc
Lompoc	66/52/pc	67/50/pc	Tahoe Valley	63/31/pc	53/26/pc
Long Beach	75/56/s	74/58/pc	Torrance	75/56/s	72/58/pc
Los Angeles	77/57/s	76/59/pc	Vacaville	72/51/c	76/47/pc
Mammoth	58/33/pc	56/26/pc	Vallejo	63/53/pc	65/44/pc
Marysville	70/51/c	73/45/pc	Van Nuys	82/52/s	80/53/s
Modesto	77/53/pc	78/51/s	Visalia	84/49/s	80/49/pc
Monrovia	78/54/s	77/57/s	Willits	58/43/r	64/40/pc
Monterey	66/54/pc	65/50/pc	Yosemite Valley	75/40/pc	76/37/pc
Morro Bay	66/55/pc	67/51/pc	Yreka	64/37/r	63/33/pc

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Lake Mendocino – Lake level: 719.74 feet; Storage: 41,069 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: Not reported
Air quality – Not available

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Parties pessimistic about fate of water plans

Pilot whale was victim of ear infection

By DON THOMPSON
Associated Press
SACRAMENTO — Democratic and Republican lawmakers on Monday said they are considering placing dueling, multibillion dollar water bonds on the November 2008 ballot if a special session on water policy fails this week.

Whether the state should build more reservoirs is the key point of contention.

The state Senate is scheduled to vote Tuesday on a \$6.8 billion Democratic plan to repair deteriorating river levees, increase water storage and restore the troubled Sacramento-San Joaquin Delta, which funnels drinking and irrigation water to much of California.

Senate President Pro Tem

Don Perata said he did not think Republicans would provide the two votes needed to send his bill to the Assembly. He added \$1 billion Monday to his borrowing plan, with the new money going to programs that would recycle storm water and sewage.

Republicans favor a competing \$9 billion plan proposed by Republican Gov. Arnold Schwarzenegger that includes money to build two dams and raise a third. Perata's plan does not call for specific new reservoirs but would allow communities to apply for state grants to build their own dams.

Perata, D-Oakland, said he will launch a ballot campaign to bypass the Legislature if his bill fails Tuesday, as he expects.

He said he did not expect a

compromise bill to pass the Senate and the Assembly by Oct. 16, the deadline set by the secretary of state for placing a measure on the Feb. 5 presidential primary ballot.

"I will not let all this work go to waste," he said during a news conference before his bill was advanced to the full Senate by a Democrat-controlled committee.

Lawmakers are debating the future of California's water systems as the state deals with the effects of a burgeoning drought and court-ordered limits on the amount of water that can be pumped from the delta.

The environmentally fragile delta funnels Northern California water to crop land and 25 million Californians. The limitation on water pumping has severely crimped sup-

plies to some cities and led to water restrictions in some areas.

Schwarzenegger called lawmakers into special session last month to consider ways to upgrade the state's decades-old water storage and delivery system, as well as another thorny issue — health care reform. Little consensus as emerged on either.

His water bill, introduced by Republican Sen. Dave Cogdill of Modesto, was defeated Monday in the committee, generating just two GOP votes.

Cogdill said Republicans are likely to reject Perata's plan when it comes to a vote on the Senate floor. Instead, they are considering their own 2008 ballot measure, which would include money for dams.

By JOHN DRISCOLL
The Eureka Times-Standard

The pilot whale that washed up on Luffenholtz Beach near Trinidad on Sept. 23 had a massive infection of the inner ear which probably weakened her and caused her stranding.

Thanks to forensic analysis, marine biologists were able to get an idea of why the whale died, and rule out an accident or loud noise from ships as a cause of death.

"If you've ever had a bad ear ache, you just aren't able to function," said Humboldt State University marine biology professor Dawn Goley.

The body of the 15-foot whale was pulled off the beach and buried off site, where microorganisms will strip the flesh from the bones in about a year. The head was sent to the Marine Mammal Center in Sausalito, and other tissues were sent off for genetic and other analyses.

Goley said the infection probably set in some time before the whale stranded, judging by the fact that squid remains were only found in one part of the stomach.

What was a whale's misfortune is nonetheless something of a windfall for HSU's Vertebrate Museum. In recent years, the museum has

acquired a number of interesting marine mammal skulls and skeletons, like sperm whales, a fin whale, a killer whale and now a pilot whale.

Collections manager Christopher Callahan said that of the four or five local whale strandings responded to each year, only one might be relatively unusual. Such finds help build the diversity of the collection and give students experience with a wider range of species, he said.

"They make great additions so students can look at the diversity of marine mammals," Callahan said.

The museum's marine mammal collection now has more than 300 specimens, which Callahan said is tops in the California State University system. Access to complete skeletons gives students invaluable hands-on experience, he said.

The museum has also been collecting more fresh tissues, too, which can be used for genetic analysis. Callahan said molecular biology professor Bryan Jennings has students match unknown tissues to the species they came from using genetic forensics. Material from the pilot whale will be one more addition to the species on hand.

Honored

Continued from Page 1

time advocate of reducing pesticides in this agricultural region and wine country. O'Donnell played a leading role in the creation of Pure Mendocino™, an alliance with Mendocino County's organic food and wine producers. Pure Mendocino hosts an annual organic food and wine event to promote a healthy environment and healthy communities, organic

farming and sustainable living, and raises funds for the work of the Cancer Resource Center of Mendocino County.

"It is tremendously exciting to meet Sara O'Donnell and learn about her work," said Janice Ford Griffin, Community Health Leaders director. "Sara's work is an example of the many efforts underway in communities throughout the nation to take action to address their own problems by creating new approaches and solutions, and demanding changes in outdated systems and

institutions. The Robert Wood Johnson Foundation Community Health Leaders are the vanguard for assuring quality health for all citizens."

The Robert Wood Johnson Foundation Community Health Leaders awards \$1.25 million annually to health leaders who have surmounted personal and other obstacles to improve health and health care at the community level. O'Donnell and other awardees for 2007 were honored at an event on Oct. 3 in

Washington, D.C.

Since 1992, the program has distributed 150 awards in 47 states, Washington, DC and Puerto Rico. Those chosen are nominated by civic leaders, health professionals, government representatives, and others inspired by their efforts to provide essential health services to their communities. This year's award winners come from urban and rural areas of California, Connecticut, Louisiana, Massachusetts, Minnesota, Nebraska, Missouri, New York and Puerto Rico.

Bills

Continued from Page 1

speech-making kind of way. Environmentalists see him, unlike with (former Gov.) Pete Wilson, as 'there's always a chance with Arnold that you might get a bill signed.' He is a centrist."

Last year, Schwarzenegger won worldwide attention for signing AB32, a law requiring California to reduce greenhouse gas emissions 25 percent by 2020. An end run around the Bush administration, that measure was opposed by the state's oil industry, utilities and other business groups.

Yet he also disappointed environmentalists by vetoing a bill that would have set a \$30 fee on shipping containers coming into Los Angeles and Long Beach to fund programs to clean up diesel smog. The trucks and ships in the ports make them the largest stationary source of diesel pollution in California, linked to severe respiratory problems in thousands of people.

This year, there are roughly

15 bills on environmental issues that have reached the governor's desk.

"We hope that the governor is going to want to reinforce his environmental reputation by signing some of these key bills," said Bill Magavern, a lobbyist for the Sierra Club.

The bills include:

- AB1108, by Assemblywoman Fiona Ma, D-San Francisco, which would ban chemicals called phthalates in toys and child-care products designed for children under 3 years old. The chemicals, which are used to soften plastic, have been linked in some studies to early onset of puberty, testicular cancer and liver problems. Opponents of the bill, including the American Chemistry Council, say that without phthalates, toys would become brittle and could pose a choking hazard. They also argue the studies showing health risks were done by giving rats massive doses - far more than children would receive through pacifiers, baby bottles and other products.
- AB821, by Assemblyman Pedro Nava, D-Santa Barbara, which would ban lead bullets for hunters in the range of the

California condor, which extends roughly from the Bay Area to Los Angeles. Recent studies by toxicologists at the University of California-Santa Cruz have shown that condors, a highly endangered species, have suffered lead poisoning after eating bullet fragments left in deer and wild pigs killed by hunters. Many hunting groups oppose the bill, saying that copper bullets cost more and don't fly as true.

- AB1470, by Assemblyman Jared Huffman, D-San Rafael, which would create a \$250 million annual subsidy for solar hot water heaters with the goal of installing 200,000 by 2017. The money would come from a surcharge on monthly utility bills that would be set by the California Public Utilities Commission. The bill is modeled after Schwarzenegger's "Million Solar Roofs" program, and is designed to cut natural gas use by encouraging people to install solar devices that heat the water for their homes.
- One area of controversy is green buildings. There are three bills that would require green building standards. They are:

- AB888, by Assemblyman Ted Lieu, D-El Segundo, which would require that starting in 2013, new commercial buildings over 50,000 square feet would have to meet the "gold" standard of the United States Green Building Council. The rule would affect everything from office buildings to supermarkets.
- AB 1058, by Assemblyman John Laird, D-Santa Cruz, which would require the state Building Standards Commission to set green building standards for new homes by 2010.
- AB35, by Assemblyman Ira Ruskin, D-Los Altos, which would require the state EPA to set sustainable building standards by 2009 for the construction and renovation of state buildings so that they meet the "silver" standard of the US Green Building Council.

Supporters include most of the major environmental groups in California who argue that better insulation, more efficient lighting and other measures reduces energy use. Opponents include the California Chamber of Commerce and the other business groups.

"We're very supportive of green building," said Bob Raymer, of the California Building Industry Association. "The problem here is that all three of these bills reference national guidelines, and each of them are put together by private sector groups. They don't go through any public scrutiny or comment process."

Raymer said that California is unique - with lots of earthquakes, landslides, and fires - and should design its own standards.

This year, many of the top environmental measures stalled or died in the Legislature, particularly in the Assembly Appropriations Committee.

They include measures to require 33 percent of California's electricity to come from renewable sources, the \$30 fee on shipping containers to reduce ports smog, and AB493, by Ruskin, which have would set fees of up to \$2,500 on the sale of new vehicles that guzzle gas and emit high levels of carbon dioxide. The money would have funded rebates of up to \$2,500 for people who pur-

chase low-emission, fuel-efficient cars. The bill was defeated in the Legislature after intense lobbying from car dealers.

"Last year was clearly a better year," said Magavern of the Sierra Club. "It helps us when it's an election year."

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